

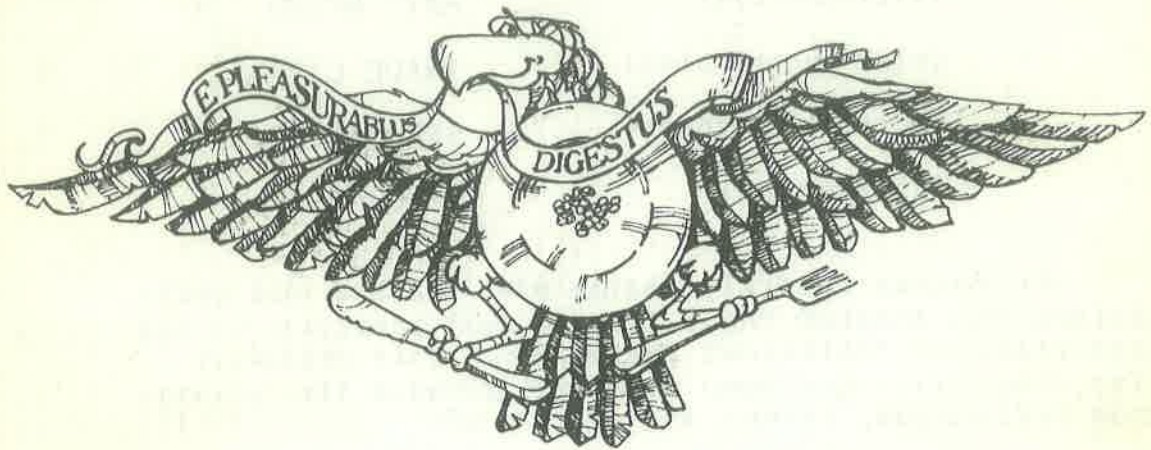
POLITICAL FAVORITES

INSPIRING RECIPES OF OREGON POLITICIANS.



POLITICAL FAVORITES

FEATURING RECIPES OF OREGON POLITICIANS.



Project of the Portland Area Women's Political Caucus

Compiled and edited by Vicki Hopman Yates

On the cover, clockwise from upper right: Jan Wyers, Jan & Judy's Whole Wheat Bread; Dave Frohnmayer, Barbequed Trout; Carol Angstman Maul, Orange Sesame Green Salad; Jane Cease, Harold Hansen Canapes; Margie Hendriksen, Sesame Chicken; Helen Sherman, Strawberry Kiwi Tart; Victor Atiyeh, Chocolate Mousse



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The editor heartily thanks the artists and technicians who donated their talents and energies to the production of "Political Favorites." This cookbook also could not have been produced without the tremendous dedication, talent and effort of:

MIGNON GUTHRIE
PAMELA HULSE
CAROL KELSEY
KRISTIE KYLE
PHYLLIS OSTER
CAROL PANFILIO
HELEN SHERMAN
HELEN SPIKER

The editor also thanks the following people for their support of the project:

DAVE AND PAT BARROWS
OLIVE BARTON
SARA COGAN
KIM GILLAN
ELIZABETH RYAN WOLF

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The Portland Area Women's Political Caucus (PAWPC) is pleased to present a selection of some of the most delectable and useful recipes found in Oregon.

"Political Favorites" is not just another cookbook. It is a collection of prized recipes of Oregon politicians and members of the PAWPC. Who else but busy politicians and active feminists could provide such a creative resource for our hectic lives.

The book is carefully designed to instruct in the preparation of each dish, including information on freezing, preparation and cooking time and, most of all, how the dish tastes. Many recipes also offer a personal comment or story from the contributor.

Funds raised from the sale of the cookbook will be used to support the work of the PAWPC, a chapter of the Oregon Women's Political Caucus. The Caucus is dedicated to the election of feminist candidates to public office. Your support is appreciated. For your convenience, a Caucus membership form is inserted and a form for ordering additional cookbooks is included on the back page.

Many talented individuals contributed their time and energy toward the production of this book. We are, first and foremost, indebted to Vicki Hopman Yates for her creativity, perseverance and dedication to a superbly finished product. The high quality of the book would also not have been possible without the talent, hard work and support of the Cookbook Committee.

Finally, thank you recipe contributors from around Oregon for the taste you all have. Happy cooking. Let's get down to politics in the kitchen.

PAMELA J. HULSE
President, 1981-1983

KEY TO SYMBOLS

This book is designed to be easy to read and use. To that end, many recipes include symbols in the upper right corner which provide useful information at a glance.

The symbols let the reader know how many servings the recipe makes and the preparation, cooking or chilling time needed. Many recipes are marked with the symbol

" * "

to denote that they can be frozen. Many other recipes can be prepared one or more days in advance and lose nothing in standing. Those recipes are designated by

" # "

followed by a number, representing the number of days in advance such food can be prepared and refrigerated. Here is an example of the use of the various symbols.

Serves 6
30 min. prep
*#6 days
50 min. cook
350° oven

These symbols mean that the recipe serves 6 people and can be prepared in 30 minutes. The dish is freezable and can be prepared 6 days in advance of serving if refrigerated. In addition to the 30 minute preparation time, the dish must be baked for 50 minutes at 350°.

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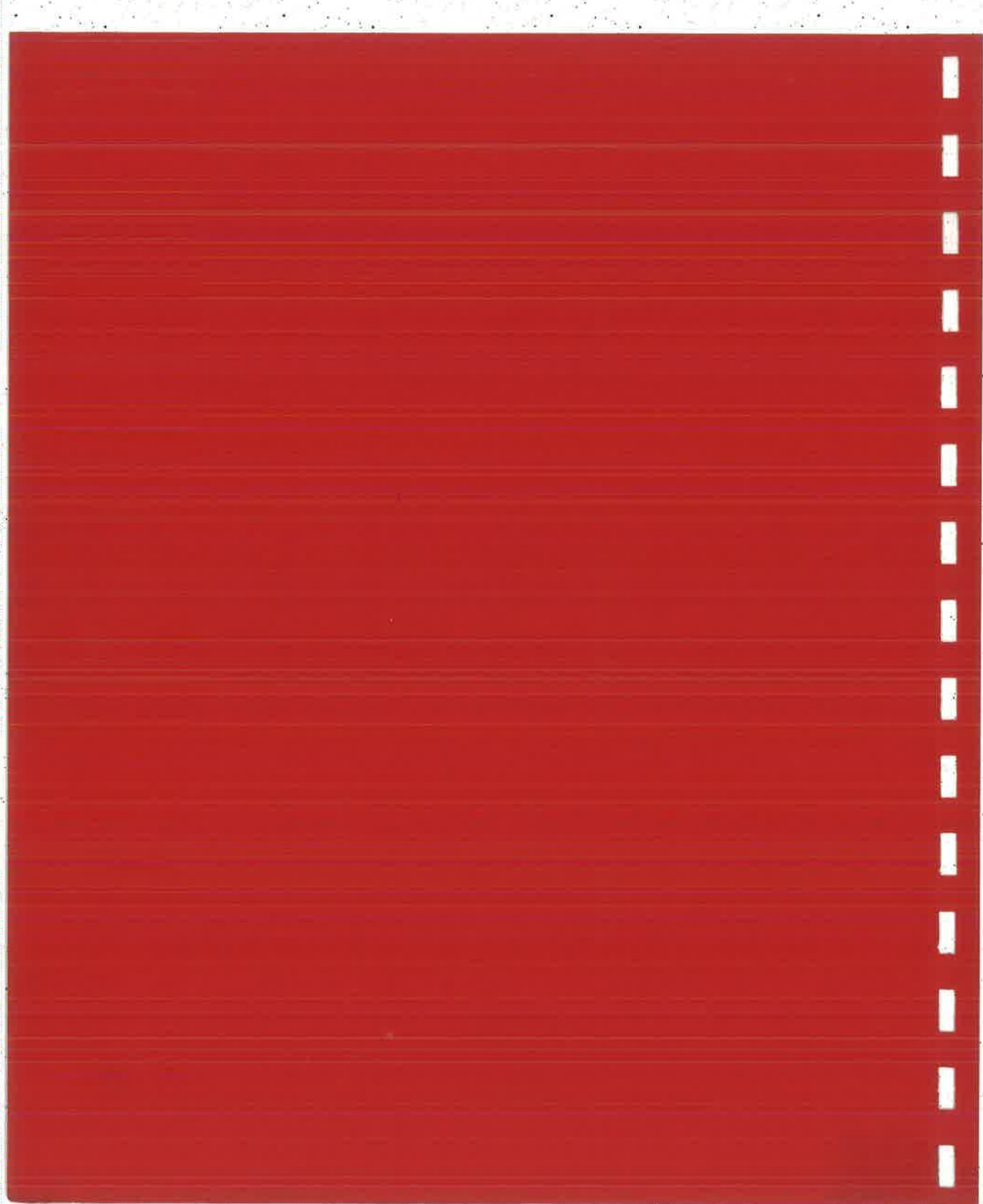
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APPETIZERS





HOT SHRIMP, ARTICHOKE AND MUSHROOM APPETIZER

BOB PACKWOOD
U.S. SENATOR

1 pkg. frozen artichoke hearts, thawed
1 lb. medium-sized fresh mushrooms
1 lb. shrimp (cooked, fresh or canned)
Olive oil
2 cloves garlic, chopped or equivalent garlic powder
1/2 t. oregano
2 T. lemon juice
2 T. parsley flakes
Salt and pepper

Saute artichokes, mushrooms, and shrimp in oil. Mix together garlic, oregano, lemon juice, parsley flakes, salt and pepper.

Place all ingredients, including oil, in preheated chafing dish. Stir gently.

When heated through, serve with toothpicks or fondue forks.

CRAB PUFFS

DOROTHY M. BAKER
DISTRICT COURT JUDGE
MULTNOMAH COUNTY

15 min. prep
#1 day

"This is the easiest, fanciest appetizer I know. It is extremely tasty and is an inexpensive way to serve that good taste of crab or shrimp. You may want to double the recipe as they go very fast."

Won ton wrappers
8 oz. cream cheese
2 T. milk or cream
4 oz. crab meat or shrimp
Dash of garlic salt
Parsley -- or your favorite seasoning

Blend cream cheese and milk with a mixer. Add seasoning and crab meat and mix.

Place about 1 teaspoon of the mixture in the center of each won ton wrapper, fold up the four corners and pinch to help seal.

Drop in hot oil for a couple of minutes until lightly brown and puffed. Drain on paper towels.

Serve with hot mustard and sesame seeds.

Can be refrigerated overnight.

BACON WRAP-UPS

MARY ALICE FORD
STATE REPRESENTATIVE

350° oven
25 min. cook

*"This is a delicious appetizer that can
be reheated."*

1 lb. bacon, thin sliced
1 glass jar Kraft cheese spread, any kind
1 loaf sandwich bread, crusts removed

Cut the bread into rectangles. Spread 1/2 teaspoon
cheese spread down the center of each rectangle of
bread. Roll up lengthwise and wrap with 1/2 slice
of bacon.

Place tightly in 8" x 12" pan. Bake at 350° for
25 to 35 minutes until bacon is crisp.

Drain on absorbent paper. Serve hot.

ARTICHOKE SPREAD

DELNA JONES
STATE REPRESENTATIVE

2 cans artichoke hearts (plain)
1 cup mayonnaise
1 cup grated parmesan cheese
Garlic and salt to taste
Just a squeeze of fresh lemon juice

Drain artichoke hearts well and break up.

Stir other ingredients together and fold in artichoke hearts.

Top with additional cheese and warm in over until cheese melts.

Serve as a dip or spread on crackers.

ROBERGE'S HOT BEAN DIP

DONNA ROBERGE
CITY COUNCILOR
CITY OF LAKE OSWEGO

Serves 10-12
325 degrees

2 lbs. refried pinto beans
1 green pepper, finely chopped
1 to 2 cups fresh salsa
2 cups grated yellow or white cheese
1 large onion, finely chopped
1 large avocado, optional

Mix pepper, onion and salsa with refried beans. Place a layer of bean mix in baking dish, and then a layer of cheese, a layer of avocado, and then repeat layering.

Top with generous amounts of cheese and bake at 325 degrees until warmed through. Serve with chips.

SWEET AND SOUR MEATBALLS

PAULA BENTLEY
FORMER STATE REPRESENTATIVE

15 min. prep
*#7 days
15 min. cook

"It sounds strange, but it tastes wonderful. I guaranty no meatball will be left. Makes a great main course served over noodles and an equally delicious appetizer. Fanatics have been known to throw away the meatballs and drink the sauce."

2 lb. ground beef
1 slightly beaten egg
1 large grated onion
1/2 cup bread crumbs
Salt to taste

Sauce:
12 oz. chili sauce
10 oz. grape jelly
Juice of 1 lemon

Mix meatball ingredients together and shape into balls
Make tiny meatballs for an appetizer and larger balls
for a main course dish.

Mix together sauce ingredients until blended. Add
meatballs.

Cook appetizer meatballs for 15 minutes and serve.
Larger meatballs may take longer to cook.

You may substitute 1 lb. ground sausage for 1 lb. of
ground beef.

SWEDISH MEATBALLS

FRED W. HEARD
STATE SENATOR

BARBARA ROBERTS
MAJORITY LEADER
STATE HOUSE OF REPRESENTATIVES

2 lbs. finely ground beef
4 T. finely chopped onions
2 beaten eggs
1 cup fine dry bread crumbs
1 1/3 cups milk
2 t. salt
1/2 t. pepper
1/4 t. allspice
1/2 t. nutmeg
2 t. brown sugar
2 T. flour
1/2 cup butter
2 cups beef bouillon
4 T. caraway seeds

In a large bowl, combine all ingredients except flour, butter and bouillon. Mix well. Use a teaspoon to form balls. In a frying pan, cook balls in butter until evenly browned. Remove from frying pan.

Add bouillon to pan. Combine two tablespoons flour with 1/3 cup water. Add to pan, stirring constantly until thick. Return balls to pan.

Cover. Cook slowly for 20 minutes. Serve immediately with toothpicks.

This dish can be prepared in advance.

SPINACH DIP

BARBARA ROBERTS
MAJORITY LEADER
STATE HOUSE OF REPRESENTATIVES

#1 day

2 pkgs. frozen chopped spinach
1 can chopped water chestnuts
1 pkg. Knorr vegetable soup mix
1 cup mayonaisse
1 cup sour cream
1 bunch green onions, chopped fine

Cook spinach according to directions, drain well.

Mix all ingredients together, cover and refrigerate several hours.

Serve with chunks of french bread or crackers.

RAW STUFFED MUSHROOMS

OLIVE BARTON

Makes about 70
2" mushroom caps
Overnight chill

"These are a great favorite of my guests. They can be baked, but I find they tend to be too moist."

1 loaf bread slices, trimmed and cubed
1-2 c. chopped green onion (use green tops)
3-4 hard boiled eggs, chopped
2 c. crab meat (picked over)
1 c. finely chopped celery
3 c. mayonnaise
70+ 2" mushroom caps

Combine bread, green onion and eggs and refrigerate overnight.

Just before serving, combine crab meat, celery and mayonnaise. Add to bread mixture and toss lightly.

Stuff mixture into mushroom caps and serve.

If preferred, the stuffed caps may be baked at 400° for 15 minutes.

Stuffing mixture makes a good sandwich spread, too.

HAROLD HANSEN CANAPES

JANE CEASE
STATE REPRESENTATIVE

*#1 day

"Harold Hansen was a Senator from Cordova, Alaska, in the mid-1960's, a fisherman and on the Joint Finance and Local Government Committee. That committee, with the help of Ron Cease, Director of the Local Affairs Agency, overhauled the entire Alaska Municipal Code, so Harold invited us to a party at his house, which he shared with several other legislators. It turned out to be one of those wild, ridiculous parties where we all had more than we should to drink. Consequently, we thought a lot of things we did and said were very funny. Harold served this canape which was assembled with the help of a Senator from Barrow (who shall remain nameless.) Harold kept roaring, 'Have some fish eggs! This was made by an Eskimo (the Senator from Barrow.) Isn't that funny, an Eskimo playing with fish eggs!' Of course, at the time it all seemed very funny. Later the Senator from Barrow disappeared and we discovered him dead to the world sitting on the john. I give you this recipe in memory of the ridiculous but typical legislative-letting-off-steam occasion."

Thin, small party rye bread
Butter
Limes
Black caviar (lumpfish or whitefish)

Butter rye bread. Spread with caviar. Peel lime, cut very thin, cut into sections and top each piece of rye bread with a lime section.

May be prepared ahead of time and may be refrigerated or frozen in airtight wrapping.

LIVERPUSTE (LIVER PATE)

MARY OVERGAARD

"This is an original Danish recipe brought to the United States by my grandmother, Meta Overgaard, and given to me by my mother, Claudia Overgaard. It stores beautifully."

Makes 2 large or
3 small loaves
30 min. prep.
*#2-4 weeks
325° oven
1 1/2 hrs. cook
+ chill time

3 lbs. pork or calves' liver	1 T. salt
1/2 lb. sausage	1 1/2 t. black pepper
1 large yellow onion	1/3 t. allspice
1 c. margarine or lard	1/3 t. cloves
1 c. cream or evaporated milk	1/3 t. nutmeg
1 slice white bread	1/2 lb. bacon (uncooked)
3 eggs	

In blender or food processor grind all ingredients except bacon to a liquid consistency. (Depending upon size of blender or food processor, this may have to be done in parts.)

Line bread pans with strips of bacon. Pour mixture over bacon.

Place a shallow pan of water on a rack below the rack which the bread pans will cook. Bake at 325° for 1 to 1 1/2 hours. Pate will be slightly raised in the center and will be pulling away from sides when done.

Cool. Turn out and chill in heavy plastic wrap or aluminum foil. Serve cold with bread or crackers.

This pate will freeze well for 6 to 9 months.

CHILI CON QUESO

TEACE ADAMS

Serves 15-25
30 min. prep.
#3 days
1 hr. cook

"This is what I serve at my political 'meet the candidate' parties. Use as an appetizer with corn chips or raw vegetables."

1 large onion, chopped fine
1 lb.-13 oz. can whole, peeled tomatoes
3 small cans small green chilies, chopped fine
1 t. onion powder
1 t. oregano
1/2 t. cumin
1 T. chili powder
1/2 t. garlic powder (optional)
1 lb. Velveeta cheese (do not substitute), grated
1 lb. sharp cheddar cheese, grated

Saute onion in large pot until limp. Add the rest of the ingredients and cook over low to medium heat until cheese is melted. Stir often.

THUMBPRINT CHEESE YUMMIES

DARLENE HOOLEY
STATE REPRESENTATIVE

400° oven
8-12 min. cook

2 c. grated cheese
1 c. flour
1/2 t. paprika
1/2 c. butter
Dash worcestershire sauce
Dash salt
3-4 dozen green olives

Mix all ingredients except olives and chill. Using a generous teaspoon of dough, shape into a ball.

Push thumb into center of ball to form a "nest" for an olive. Bake at 400° for 8-12 minutes or until lightly browned.

QUICK HAM AND CAPER SPREAD

RICHARD P. BULLOCK
FORMER STATE SENATOR

15 min. prep
#5 or 6 days

*"A spicy and unusual spread that is great
with wine and cheeses."*

Two 6 3/4 oz. cans of deviled ham
4 T. English Pub style mustard (lots of seeds)
3/4 cup capers, drained

Mix all ingredients together. Mold into a mound on a
serving tray. Garnish with parsley or lettuce and
serve with mild crackers, fresh fruit and light wine.

PERFECT GUACAMOLE

OLIVE BARTON

4 large avocados, halved, pitted, peeled and mashed
2 large tomatoes, cored, seeded and finely chopped
1/2 Bermuda onion, finely chopped (or 4 green onions,
white part only)
10 dashes hot pepper sauce
Juice of 2 fresh lemons
Garlic salt to taste
Freshly ground pepper to taste

Combine all ingredients in medium sized bowl and mix well. Cover and refrigerate.

Serve with tortilla chips.

ONION CHEESE FONDUE

TEACE ADAMS

Serves 6-8
30 min. prep.
#3 days
30 min. cook

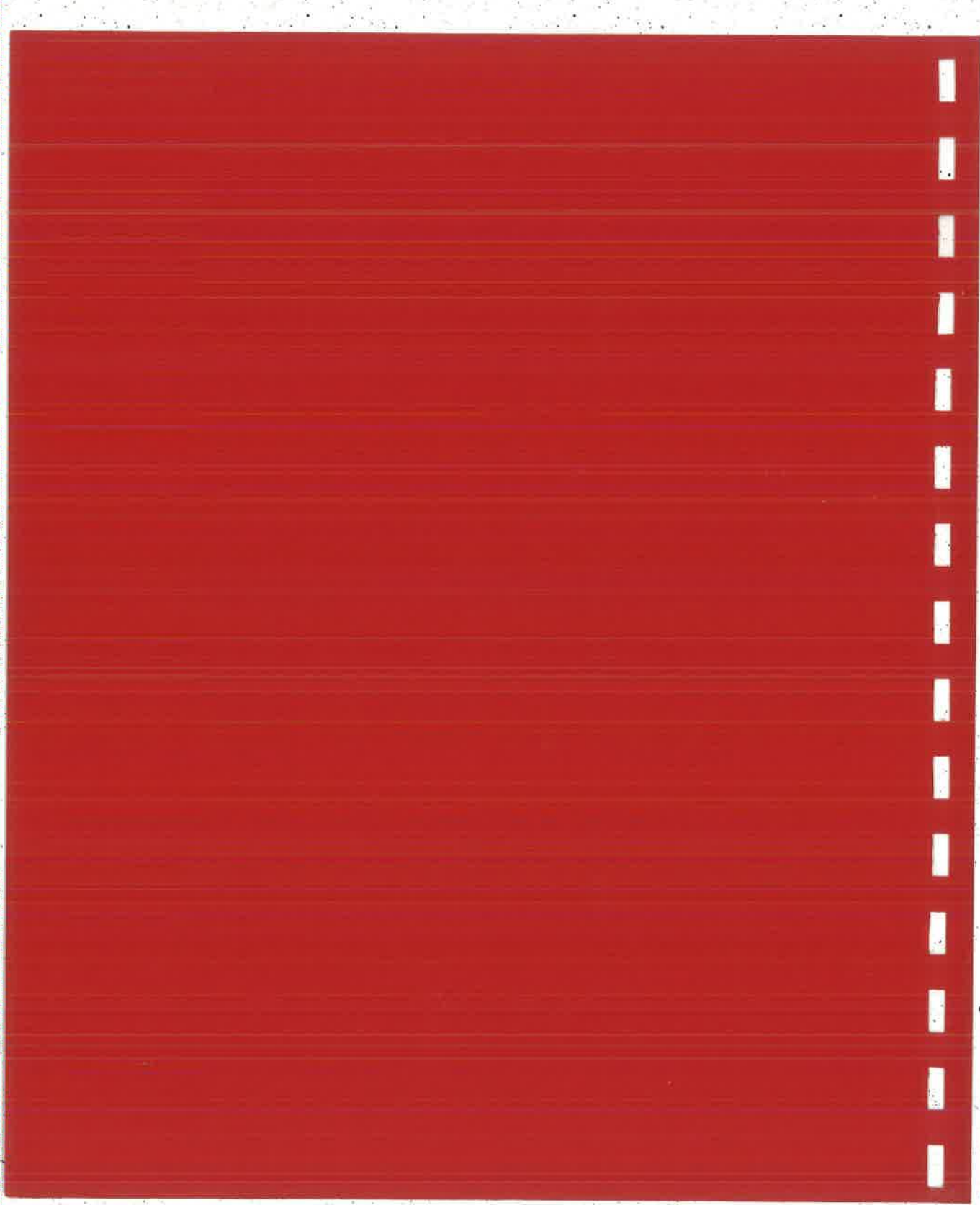
1/4 c. butter or margarine
1/4 c. flour
1 pkg. dry onion soup mix
2 c. milk
2 c. (8 oz.) cheddar cheese, grated
1 1/2 c. (6 oz) swiss or gruyere cheese, grated
1 t. worcestershire sauce

In saucepan melt butter over medium heat. Stir in flour and onion soup mix. Add milk and cook until thickened.

Add cheese and worcestershire sauce. Heat until cheese melts, stirring often.

SOUPS & SALADS





SOUPS

POTAGE PARMENTIER

JOYCE COHEN
STATE SENATOR

Serves 6-8

3 to 4 quart saucepan or pressure cooker
3 to 4 cups peeled potatoes, sliced or diced
3 cups thinly sliced leeks or yellow onions
2 quarts water
1 T. salt
White pepper to taste
1/3 cup heavy cream or 2 to 3 T. softened butter
2 to 3 T. minced parsley or chives

Simmer the vegetables, water and salt together, partially covered, for 40 to 50 minutes until vegetables are tender.

Mash the vegetables in the soup with a fork, or pass soup through a food mill. Add seasoning, set aside uncovered until just before serving, then reheat to simmer.

Remove from heat just before serving and stir in cream or butter by spoonfuls. Pour into tureen or soup cups and decorate with herbs.

Diced clams may be added for chowder.

JALAPENO BEAN SOUP

MIKE LINDBERG
COMMISSIONER
CITY OF PORTLAND

30 min. prep
300 degrees
4-7 hrs. cook

"This is a very spicy dish. Sometimes I perspire so much that I take one or two showers during the meal. It's a delicious, healthy, vegetarian dish with no fat, no salt and very low in calories."

7 cups water
1 cup dried navy or white beans
1 onion, chopped
1 bell pepper
1 1/2 fresh jalapeno peppers, chopped
6 to 8 fresh tomatoes, chopped in large pieces
1/2 cup brown rice

Cook beans and water at 300 degrees for 2 hours.

Add onion, pepper, jalapeno peppers, tomatoes and rice.
Put back in oven and cook 2 to 5 hours at 300 degrees.

Serve with salad and something cold to drink.

WHITE GAZPACHO

KATE MARX

10 min. prep.
#2-3 days

"Elegant and different because it's cold and low-cal. Serve with crusty bread, wine and good, gregarious companion."

3 cucumbers
2 c. chicken broth
2 c. sour cream
1 clove garlic, crushed
3 T. vinegar
Dash of salt

Chop the cucumbers into pieces. Peel only 2 of the cucumbers. Put into food processor/blender together with chicken broth and blend until pureed. Mix in rest of ingredients.

Ready to serve.

CHEDDAR CHEESE SOUP

HELEN L. SPIKER

10 min. prep.

#2 days

10 min. cook

"A zesty, hearty soup that is easy to prepare. Serve with sliced tomatoes on bed of lettuce with fresh basil and garlic bread."

2-3 T. butter
1/4 c. finely diced celery
1/4 c. finely diced onion
1/4 c. finely diced green pepper
1/4 c. finely diced carrot
2 T. flour
1/4 t. dry mustard
1/2 t. Lea & Perrins
2 c. chicken stock
1 1/2 c. grated sharp cheddar cheese
Salt and pepper to taste
Chopped parsley or green onions

Saute celery, onion, green pepper and carrots in butter until soft but not brown. Gradually add flour, mustard and Lea & Perrins. Remove from heat. Add chicken stock, stirring constantly. Return to low heat stirring until thick.

Simmer 5 minutes until thick and smooth. Add cheese and stir until blended. Garnish with chopped parsley or green onions for color. Salt and pepper to taste.

Note: Various blends of cheeses may be used for variety.

CORN SOUP

EUGENE D. TIMMS
STATE SENATOR

30 min. prep.
*#7 days

"Corn lovers will go crazy over this soup. It's yummy to the taste buds."

2 strips bacon, finely chopped
2 T. onion, chopped
2 lb. can cream style corn
2 T. butter
2 T. flour
2 cups milk
1 t. salt
1/2 t. pepper
2 cans chicken broth soup

Fry finely diced bacon until crisp. Then add onions and saute until soft. Add corn, butter and then the flour. Cook slowly 3 minutes. Add milk, salt and pepper and cook until thickened. Then add chicken broth soup and heat until smooth.

1 1/2 cups milk and 1/2 cup cream can be substituted for the 2 cups milk.

Serve with sandwiches or salad and rolls.

ALICE'S CIOPINO

ALICE SCHLENKER
COUNCILOR
CITY OF LAKE OSWEGO

Serves 4 to 5
30 min. prep

"I call this my 'cheater company dish'. Guests love it. You can purchase and prepare everything quickly and people think you are a great cook. A no-fail recipe."

5 T. olive oil
1/4 cup green onions, chopped
1 bay leaf
1 1/2 to 2 cans tomato sauce (small)
2 cups fresh tomatoes, chopped
1/2 cup dry white wine (Rhine or Riesling)
1/2 to 1 lb. whitefish (Halibut best)
1 cracked crab
2 to 3 lbs. clams
1 lb. prawns
Salt and pepper
Parsley, chopped

Brown onions in oil. Add everything but whitefish and cook for 10 minutes. Do not stir.

Add whitefish and cook 10 minutes more. Sprinkle with parsley and serve immediately in large flat bowls.

Serve with garlic bread and tossed green salad.

Additional whitefish and less shellfish may be used. Also if more liquid is desired use more wine.

PASTA SA ZUL

KRISTIE B. KYLE

"A good, hearty Italian soup."

Serves 6-8

15 min. prep.

*#4-5 days

5+ hrs. cook

4 cloves garlic, minced
1 medium onion, minced
1/4 c. olive oil
1/2 lb. bacon (uncooked), chopped
3 small cans tomato sauce
1 16 oz. can of tomatoes
1 small can tomato paste
1 T. oregano
1 T. parsley
1 T. minced garlic
1/2 c. Parmesan cheese _____
1 8 oz. can Northern white beans
1 lb. ditali noodles (or small elbow macaroni)

Fry garlic and onion in oil in large soup kettle until very brown. Add bacon and saute about 3 minutes.

Pour in tomato sauce, tomatoes, tomato paste, spices, cheese and beans. Simmer, covered, for 5 hours.

Cook noodles according to directions on package. Drain and add to soup just before serving.

MINISTRONE SOUP

JANET EGGLESTON

Serves 10-12
 35-40 min. prep.
 #5 days
 4 3/4 hrs. cook

"This soup won an award from the Bend Bulletin. It has been passed around all over Central Oregon, the Willamette Valley and Seattle by adoring eaters. Serve with cheese bread and beer. This recipe is actually the recipe of Heather S. Eggleston."

1/2 c. butter	2 stalks celery, diced
2 qts. water	1 large can tomatoes
2 T. beef bouillon	1/2 T. Italian seasoning
2 medium potatoes, diced	1 c. uncooked pasta
1 medium onion, diced	1 pkg. frozen spinach
1 garlic clove, diced	1 T. salt
1/3 c. dry navy beans	Parmesan cheese, grated
1/3 c. dry peas	
3 medium carrots, diced	

In a large soup kettle heat water and butter to boiling. Reduce heat. Add bouillon and stir until it dissolves. Add potatoes, onions, garlic, beans, peas, carrots, celery, tomatoes and Italian seasoning. Bring to boil.

Reduce heat; cover and simmer for 4 hours. Add pasta. (If you choose spaghetti, break into small pieces.) Cook for 10 minutes. Add spinach. Cover and cook for 10 minutes. Spread the spinach throughout the soup by stirring.

Stir in salt (more or less than 1 tablespoon to taste). Serve hot sprinkled with grated Parmesan cheese.

CHINOOK SALMON CHOWDER

MARK O. HATFIELD
UNITED STATES SENATOR

Makes 40 cups
*

*"Copyright, 1970, Antoinette Kuzmanich
Hatfield, 'More ReMARKable Recipes.'"*

1/4 lb. butter
1 large onion
1 1/2 cups diced celery
1/2 cup flour
1/2 gallon milk
8 cans Chinook salmon (7-3/4 oz.)
4 cups cooked potatoes, diced
2 large plastic bags of mixed vegetables
1 t. dill weed
1 T. salt

Saute the onion and celery in the butter until onion is tender. Stir in the flour off the heat. Slowly add the milk, stirring.

Remove the skin and any bones from the salmon and add along with potatoes, mixed vegetables, dill and salt. At this point, the chowder may be frozen. When ready to serve, cook until vegetables are done. Serve steaming hot with crackers.

May be prepared in advance.

MARCY'S MAIN MEAL SOUP

MARCY HERTZMARK

"Hearty, wholesome, eat-with-a-fork soup that warms up even the rainiest day. Serve with french bread, salad, and Burgundy wine."

Serves 12
15 min. prep.
*#3 days
4 hrs. cook
Start 24 hrs.
before

2 T. salad oil
2 lbs. lean, meaty beef
short ribs
4 qts. water, hot tap
1/2 medium cabbage, shredded
2 onions, chopped
2 stalks celery, cut up
1 1 lb. 13 oz. can tomatoes
1/2 9 oz. pkg. frozen green beans
1/2 10 oz. pkg. frozen lima beans
1/2 10 oz. pkg. frozen peas
(or same amount of mixed frozen
vegetables)
1 potato, pared and cubed

3/4 c. catsup
1/2 t. ground cloves
2 cloves garlic,
minced
1 t. sugar
1 t. salt
1/4 t. pepper

Day before: In large soup kettle, heat salad oil. Add meat and brown on all sides for about 15 minutes. Sprinkle garlic with 1/2 teaspoon salt and mash well. Add with onion to meat. Cook, stirring 2 to 3 minutes. Add hot water and bring to a boil.

Add cabbage, tomatoes and celery. Cook, covered, for 30 minutes. Add rest of ingredients and simmer, covered, for 3 1/2 hours. Taste for seasoning. Remove meat and bone from soup. Cut up meat and return to soup. Cool and refrigerate.

To serve: Skim fat from soup. Reheat over medium heat.

KELSEY'S NO-CAL SOUP

CAROL KELSEY

"The great thing about this soup is that it tastes super. It also burns more calories in digesting it than the soup itself has!"

Serves 4-6
15 min. prep.
#3-4 days
30 min. cook

1 large green pepper, chopped medium**
1 medium Burmuda onion, chopped medium
5 stalks celery, chopped medium
3 medium tomatoes, chopped medium
1 small head cabbage, chopped medium
1 pkg. Knorrs imported French Onion Soup mix
2 T. hot picante sauce

Prepare the soup mix as directed. Keep the liquid at medium temperature.

Add green pepper, onion, celery, tomatoes and cabbage. Add the picante sauce; cover and cook for 30 minutes.

This soup stores well and actually tastes better the second day.

**This is a bulky, hot soup -- vegetables should be chopped to spoonsize. Do not chop them fine or small.

SALADS

FIRE AND ICE TOMATOES

JANE CEASE
STATE REPRESENTATIVE

*"This is a wonderful accompaniment to
Primrose Plantation Barbequed Chicken."*

6 large, ripe, firm tomatoes
1 large green pepper, sliced into thin rings
1 large onion, sliced into rings

Sultry sauce:

3/4 cup vinegar
1/4 cup water
1 1/2 t. celery seed
1 1/2 t. mustard seed
1/2 t. salt
4 1/2 t. sugar
1/8 t. red pepper
1/8 t. black pepper

Cut each tomato into eight sections. Put all vegetables in layers in a bowl. Bring the sauce to a furious boil and simmer for one minute. Immediately pour over the vegetables.

Cool and refrigerate. Can be made well ahead of time.

Editor's note: The recipe for Primrose Plantation
Barbeque Chicken appears on page 79.

BACON WILTED SPINACH SALAD

LINDA J. LARKIN

Serves 4
30 min. prep

*"Excellent as a light meal alone or
with soup or chowder!"*

1 lb. fresh spinach
4 slices bacon, diced
2 t. brown sugar
1/4 c. sliced green onions/scallions
1/2 t. vinegar (apple vinegar is good)
1/8 t. dry mustard
Dash of paprika

With scissors, snip spinach coarsely into a salad bowl and chill. Cook diced bacon in a skillet over moderately high heat (about 325°) until crisp.

Reduce heat to about 250° and add remaining ingredients and bring to a boil. Remove from heat immediately.

Pour over spinach; toss lightly to coat leaves and serve.

Add chopped hard-boiled eggs or mandarin oranges and almonds or apple chunks and walnut meats for variety.

AVOCADO & PAPAYA SALAD WITH POPPY SEED DRESSING

ROBERT F. (BOB) SMITH
U.S. HOUSE OF REPRESENTATIVES

"Delicious introduction for those who have never tasted papaya. Can also be served with shrimp on top and served with small nut bread sandwiches for lunch."

Red leaf lettuce
2 avocados
1 large papaya

Dressing:

1/2 cup sugar
1 t. dry mustard
1 t. salt
1/2 cup olive oil
1/2 cup vegetable oil
1/3 cup white vinegar
3 green onions
1 1/2 t. poppy seeds

Attractively place red lettuce, avocados, and papaya on plate.

For dressing: Blend together sugar, mustard, salt, oil and vinegar. Stir in sliced green onions and poppy seeds.

Fresh oranges can be substituted for papaya.

This recipe was submitted by Kaye Smith for Representative Smith.

ORANGE SESAME GREEN SALAD

CAROL ANGSTMAN MAUL
COUNCIL MEMBER
CITY OF BEAVERTON

10 min. prep

"A super crowd pleaser. Whenever I prepare this salad for a potluck event, everyone wants the recipe."

3 qts. torn greens (lettuce, spinach, romaine)
1 green pepper sliced lengthwise
1/2 cup celery, sliced
3 oranges in bit-size pieces
1 avocado, sliced lengthwise
Onion circles
1 T. toasted sesame seeds
Sharp cheddar cheese in strips

Dressing:
1/4 cup wine vinegar
1/4 cup sugar
1/2 t. salt
1/2 t. dry mustard
2 T. oil

Combine first six ingredients. Prepare dressing and pour over greens. Add toasted sesame seeds. Add strips of cheddar cheese just before serving.

SPICED CHICKEN SALAD WITH ORANGE AND AVOCADO

PAMELA HULSE

Serves 4
30-60 min. prep.
#1 day

"A light, summer meal. Serve with french bread or biscuits, sweet and dry vermouth cocktail."

2 whole chicken breasts, cooked (about 3 c.)
1/2 medium red onion, thinly sliced
1/2 medium green pepper, thinly sliced
2 T. salad oil
2 T. tarragon vinegar
1/2 t. crushed red pepper
1 orange
1 medium avocado

Remove chicken from bones and cut into 2" pieces.
Combine with remaining ingredients except orange and avocado.

Just before serving peel orange and cut away all white membrane. Cut out and remove orange sections leaving dividing membrane behind. Peel avocado and slice lengthwise.

Divide salad among plates and arrange a few avocado slices and orange wedges alternately on each plate.

Note: You may add lettuce to salad to serve more people.

TABOULI

TOM THROOP
STATE REPRESENTATIVE

20 min. prep

6 to 8 cups cooked bulgar wheat
1 cup cooked garbanzo beans or split peas
2 cups tomatoes, chopped
1 cup celery, chopped
1 cup parsley, chopped
1 cup green onions, chopped
3/4 cup fresh mint, minced
3/4 cup lemon juice
1/8 cup white vinegar
1/3 cup olive oil
1 1/2 t. salt
1 t. tarragon

Mix all the ingredients well and chill for several hours.

Serve cold.

CABBAGE SALAD

FRANCIS J. IVANCIE
MAYOR OF PORTLAND

#2 weeks

"This will keep for two weeks. Good for company!"

2 carrots
1 large cabbage
1 large green pepper (grate if crisp)
1 medium onion
4 stalks celery

Dressing:

1 t. or more mustard seed
3/4 cup salad oil
3/4 cup vinegar
1 1/4 cups sugar
1 t. salt

Grate cabbage and carrots. Dice celery, green pepper and onion. Mix together.

Boil all ingredients for dressing. Pour over vegetables while hot, stirring well. Pack in jars to chill. Refrigerate.

RICE SALAD

MARY ALICE FORD
STATE REPRESENTATIVE

Serves 8

"This recipe comes from Tivvy Morgan, the recently retired secretary of the House Minority Office. What she doesn't know about pot lucks isn't worth knowing."

1 pkg. chicken Rice-a-Roni
3 green onions, chopped
1/2 green pepper, chopped
8 ripe olives, sliced
1/3 cup mayonnaise
1/4 t. curry powder
1 jar marinated artichoke hearts

Cook rice as directed, omitting butter. Drain artichokes, reserving liquid. Toss vegetables and rice.

Mix artichoke liquid with mayonnaise and curry powder. Add to salad.

Let the salad marinate at least 8 hours before serving.

INSALATA DI RISO

SARA COGAN

Serves 4-6
45 min.-1 hr.
prep.
#1 day

"Excellent for summer buffet. It can be served for barbecue or for a more elegant dinner."

1 c. rice
1 3/4 c. water
1 t. salt
1 c. sliced, bottled artichoke hearts in oil
1 c. sliced mushrooms
1/2 c. sliced black olives
1/4 c. chopped anchovies
1/2 t. capers (optional)
1/4 c. olive oil
1/2 t. freshly ground black pepper
1 c. peeled, diced tomatoes
1 red onion, thinly sliced

Cook rice in boiling water with salt. Cool and toss with a fork to keep grains separate.

Add all vegetables except tomatoes and onions. Also add oil and pepper and additional salt to taste. Toss until well mixed. Add tomatoes and toss once more.

Pile in serving bowl and decorate with sliced onions.

Note: Rice can be made a day in advance and tossed with oil to keep grains separate. Vegetables can be sliced and prepared in advance and refrigerated. They can then be added to rice 6 hours before serving.

CHAR SIU SALAD

RICHARD P. BULLOCK
FORMER STATE SENATOR

20 min. prep
#1 day

*"Spicy Oriental salad. Serve with quiche
or fish mousse and white wine."*

1/2 lb. Chinese BBQ pork, slivered
1 pkg. frozen Chinese pea pods, thawed and drained
Spinach, lettuce and other greens
Green onions
Green and red bell peppers
White radish
Water Chestnuts
Sesame seeds

Dressing:
Soy sauce
Hot mustard
Vinegar
Sesame oil

Wash and slice greens. Add sliced peppers, radish,
water chestnuts, onions and pea pods and top with
Chinese pork. Mix dressing ingredients to taste.

Sprinkle top with sesame seeds.

SUNOMONO

LINDA L. BERGMAN
DISTRICT COURT JUDGE
MULTNOMAH COUNTY

Serves 4
10 min. prep
#3 days

"This easy dish can be made in quantity. It is really inexpensive, especially if you grow cucumbers in your garden. It is great for summer picnics and goes well with anything from the barbeque grill."

1 large cucumber
1 T. salt
1/4 cup white vinegar
1/4 cup sugar
a few drops of soy sauce
1/2 cup tiny cooked shrimp

Peel cucumber and cut in half lengthwise. Cut into very thin slices. Salt well and let stand 5 minutes. Using hands, squeeze out as much liquid as possible. Set aside.

Combine vinegar, sugar and soy sauce, stirring until sugar dissolves. Add shrimp and vinegar mixture to drained cucumber. Chill well.

ZUCCHINI WITH LETTUCE-PECAN FILLING

MOLLY SMITH

"Crunchy, crisp and refreshing."

Serves 12
2 1/2 hours prep.
#7 days

4 zucchini
1 c. minced iceberg lettuce
1/2 c. finely chopped pecans
2 T. Dijon-style mustard
2 T. mayonnaise
Salt
Pepper
Pimento

Combine lettuce, pecans, mustard and mayonnaise in small bowl. Refrigerate, covered, until cold, about 2 hours. Remove thin lengthwise strips from each zucchini with a vegetable zester; discard strips.

Cut zucchini crosswise in 1 inch slices. Remove pulp with melon-ball cutter, forming a 3/4 inch well in each zucchini cup. Season inside of zucchini cups with salt and pepper.

Fill with lettuce mixture and refrigerate until cold. Decorate with pimento. Refrigerate until serving time.

Macadamia nuts may be used instead of pecans.

STRAWBERRY JELLO SALAD

HELEN J. FRYE
U.S. DISTRICT COURT
STATE OF OREGON

#3 days

"I am glad there are no copyrights on recipes. This one, like all of my recipes, came from someone else. I have incorporated it into my life because it's easy and a crowd pleaser."

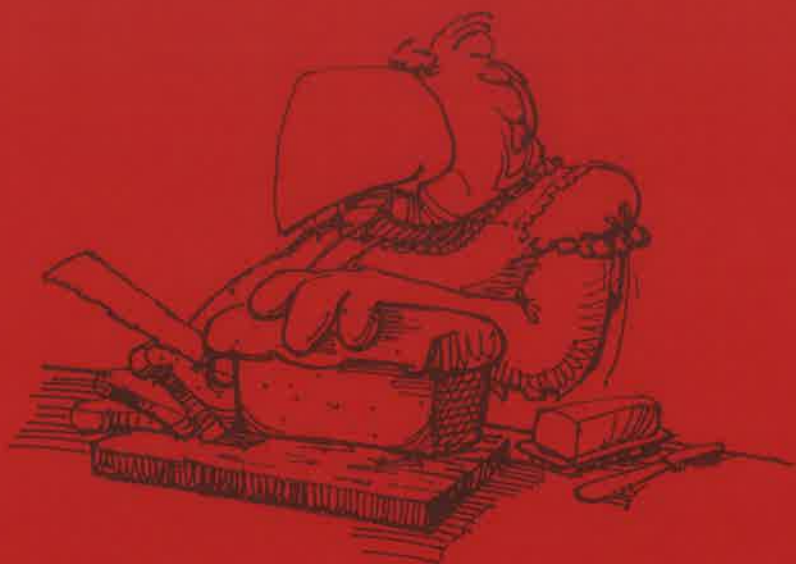
1 reasonably ripe banana
8 oz. can crushed pineapple (lightly drained)
1 small carton frozen strawberries
1 pkg. strawberry jello (small pkg.)
8 oz. sour cream
1 c. finely diced walnuts or thinly sliced almonds

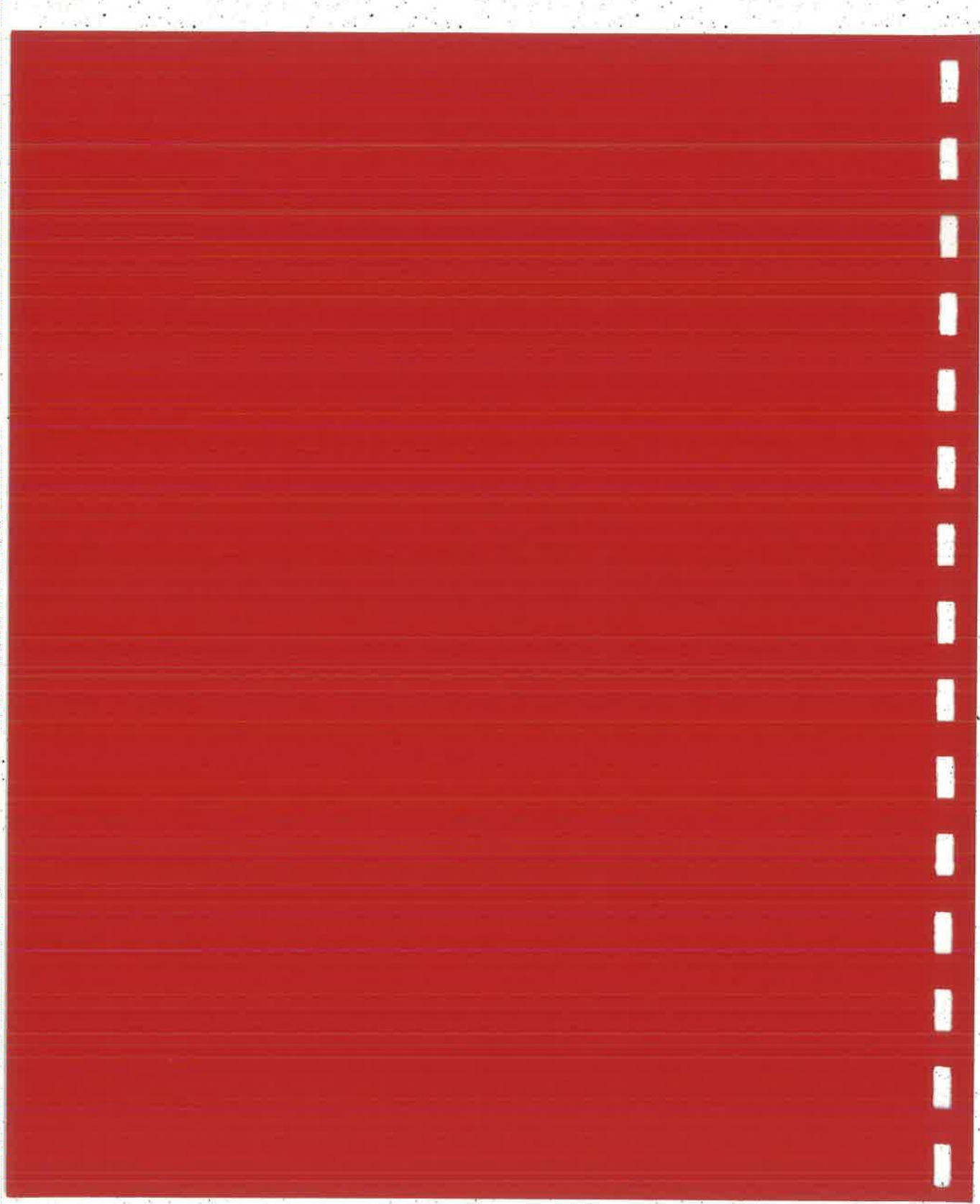
Mash banana; slightly thaw strawberries; lightly drain pineapple; mix together.

Mix 1 cup boiling water into jello, stir until thoroughly dissolved. Add fruit mixture to jello; place 1/2 fruit-jello mixture into mold or small baking dish. Allow jello to firm slightly. Spread sour cream over jello and sprinkle nuts over sour cream. Spread remaining fruit-jello mixture over top and allow to set completely.

This salad can be used with sandwiches, as a salad, as a dessert, or as a "fancy" meal, served on a lettuce leaf with good rolls.

BREADS & PASTRIES





BREADS

JUDY'S & JAN'S WHOLE WHEAT BREAD

JAN WYERS
STATE SENATOR

"A nutty flavor that is a real treat to eat. It makes you feel healthy. In the first photograph ever taken of me, I was making bread with my mother and I had flour all over me!"

Makes 3 loaves
2 1/2 hrs. prep.
*#6 days (in
plastic bags)
325° oven
50 min. cook

2 1/2 T. dry yeast
1/2 c. lukewarm water
Pinch of sugar
8 c. stone ground whole wheat flour
2 c. all-purpose unbleached white flour
1 1/2 c. powdered milk
1/3 c. honey or sugar
1 1/2 T. salt
1 qt. very hot water
1/4 c. vegetable oil or 1/2 c. melted butter

Mix yeast with lukewarm water and pinch of sugar. Stir and let stand. Sift white flour into a large mixing bowl. Sift 4 cups whole wheat flour into the white flour and stir in powdered milk and salt.

Then add sugar or honey and a quart of very hot water. Stir vigorously -- this is crucial or bread will not rise well. Add oil or melted butter and stir.

Add yeast mixture and stir in remaining wheat flour until dough becomes a ball. Let stand in a warm place, covered with a towel, until it doubles in size.

Knead and shape into 3 loaves. Place loaves in greased loaf pans and cover with towels. Allow loaves to rise until they again double in size. Bake for 50 minutes at 325°.

ANISE BREAD

TEACE ADAMS

"It's good for you!"

Makes 2 loaves
4 1/2 hrs. prep.
*
375-400° oven
30-35 min. cook

1 1/2 c. water
4 c. whole wheat flour
3 1/2 c. all-purpose flour
3 T. sugar
3 T. anise seed
2 pkg. dry yeast (2 T.)
4 t. salt
3/4 c. milk
1/3 c. butter or margarine
1/3 c. molasses

Over low heat, cook water, butter or margarine, molasses and milk in saucepan until very warm (120-130°). Butter need not be completely melted.

Combine 2 cups whole wheat flour, 1 1/2 cups all-purpose flour, sugar, salt, yeast, and anise seed in large bowl. Add liquid ingredients to dry ingredients.

Beat with mixer at medium speed for 2 minutes, scraping bowl as necessary. Add 1/2 cup whole wheat flour and 1/2 cup all-purpose flour and beat for 2 more minutes. With spoon, stir in 1 1/2 cups of whole wheat flour and enough all-purpose flour to make a stiff dough (about 1 1/2 cups).

Turn out onto a floured surface and knead 10 minutes. (You cannot handle yeast dough too much.) Place dough in large greased bowl, cover, and allow to rise in warm place until double in bulk (about 1 hour).

Punch down and knead slightly; then shape into 2 loaves. Place in greased loaf pans or braid and place on greased cookie sheets. Cover and allow to rise until double in size (about 1 hour). Bake at 375-400° for 30-35 minutes.



FRENCH BREAD (FRENCH ROLLS)

FRANCIS J. IVANCIE
MAYOR OF PORTLAND

350° oven

*"Split rolls and serve with ham or beef --
attractive and delicious!"*

4 cups warm water
2 pkgs. yeast
3 T. sugar
1 T. salt
7 to 8 cups flour
1 beaten egg

In a large bowl, combine water, yeast, sugar and salt. Stir in the flour. Knead on floured board. Let rise in greased, towel-covered bowl for one hour. Punch down, pat out on floured board and either cut into rolls or form 3 loaves of bread.

Place on/in greased pans, brush with poppy seeds or leave plain.

Let rise one hour. Bake rolls 30 to 35 minutes at 350°. Bake bread for one hour at 350°.

A MAN'S ROLL

LEN BERGSTEIN

"These are good for whenever a bagel just won't do! They are sometimes called feather rolls because they are very light."

1 3/4 hr. prep.

*#3 days

400° oven

15-20 min. cook

1 pkg. dry yeast
4 T. softened butter
1 T. sugar
3/4 t. salt
1 egg
3/4 c. warm milk
2 c. white flour

Preheat oven to 400°. Stir the yeast into 1/4 cup of warm water and let stand for 5 minutes. Combine the butter, sugar, salt, egg and milk with the dissolved yeast in a big bowl and mix well.

Add the flour and beat well until all ingredients are blended and smooth. Cover and let rise in a warm place for one hour.

Punch or stir down the batter. Fill greased muffin tins halfway. Cover and let rise again for 30 minutes. Bake for 15-20 minutes.

PRETZELS

GRATTAN KERANS
SPEAKER, HOUSE OF
REPRESENTATIVES

Makes 30 pretzels
1 hr. prep. & cook
475° oven

"I made this pretzel recipe first with my son, Tim, a couple of years ago and surprised my wife, Janet, with it while she was getting a perm. The pretzels were great -- the perm grew out!"

1 pkg. yeast
1/8 c. water
1 1/3 c. warm water
1/3 c. brown sugar
5 c. flour
Baking soda
Kosher salt

Preheat oven to 475°. In large bowl, combine yeast and 1/8 c. water. Stir in brown sugar and warm water. Slowly add flour, stirring constantly. When mixture is smooth and no longer sticks to bowl, put on floured board and knead.

Grease 2 cookie sheets and sprinkle with kosher salt.

Shape dough into thumb-thick ropes about 14 inches long. Cross ends, twist once and fold up into pretzel shapes.

Simmer pretzels in skillet of water and baking soda (1 T. soda per cup of water) for 30 seconds. Place pretzels on cookie sheets. Sprinkle with more salt and bake for 8-9 minutes.

This is a good snack or bread for meals.

SOUTHERN CORNBREAD

GLADYS MCCOY
COMMISSIONER
MULTNOMAH COUNTY

30 min. prep.
325 degrees
30 min. cook

"This dish is the foundation for 'Hush Puppies.' When the cook was taking the food from the servants' quarters to the Big House, the cook would fry bits of cornbread to throw to the dogs to keep them quiet. It is a delicacy to be eaten hot alone or with other foods."

2 cups cornmeal
1/2 cup flour
1 T. baking powder
1 t. baking soda
1/4 t. salt (optional)
1 T. sugar
1 egg
1/4 cup melted shortening
Buttermilk

Sift all dry ingredients together. Add melted shortening and egg together and beat. Pour shortening/egg mixture into the dry ingredients, stirring in enough milk to make a moderately stiff or thick batter.

Spoon into greased muffin tins or 9"x9"x2" pan. Bake at 325° for about 30 minutes.

Homogenized milk may be substituted for buttermilk if you omit the baking soda.

Serve with dry beans, yams, greens, cabbage dishes, soups and stews or alone with butter and honey.

BRAN DATE MUFFINS

TED CALOURI
STATE REPRESENTATIVE

*"This is an easy-to-prepare quick bread
that is always ready to pop in the oven."*

15 min. prep.
*3 months
375° oven
20 min. cook
Start 24 hrs.
in advance

2 c. dates, chopped
2 c. boiling water
5 t. baking soda
1 c. shortening
2 c. sugar
4 eggs

4 c. 100% bran
4 c. bran flakes
1 qt. buttermilk
5 c. flour
1 t. salt

Combine dates, water and soda. Set aside.

Cream shortening (margarine may be used) and sugar and add to remaining ingredients. Blend in date mixture.

Refrigerate for 24 hours.

Bake in greased muffin tins for 15 to 20 minutes.

PAM'S PUMPKIN BREAD

PAMELA ERICKSON GERVAIS

Makes 2-3 loaves
325° oven
1 1/2 hrs. cook

3 c. sugar
1/2 t. baking powder
2 t. baking soda
1 1/2 t. salt
1 t. cinnamon
1 t. nutmeg
1 t. pumpkin pie spice
3 1/2 c. sifted flour
1 c. oil
2 c. pumpkin
4 eggs
1 c. chopped nuts
1 c. raisins

Slightly beat eggs; add sugar and oil and mix.

Sift together dry ingredients and add to sugar mixture alternating with pumpkin.

Add nuts and raisins. Bake for 1 1/2 hrs. at 325°.

GREAT BANANA BREAD

VICKI HOPMAN YATES

*"It is wonderfully moist and flavorful.
Everyone has their favorite banana bread
recipe, but this one is the absolute best."*

Makes 1 loaf
15 min. prep.
350° oven
50-60 min. cook
*#7 days

1 c. mashed bananas (2 bananas)
1 c. sugar
1 1/4 c. flour
2 eggs, beaten
1 stick melted butter or margarine
2 t. vanilla
1 1/4 t. baking powder
1 t. baking soda
4 T. sour cream or plain yogurt
1/2 c. chopped walnuts

Preheat oven to 350° and grease loaf pan. Sift dry ingredients together. Combine bananas, eggs, melted butter, vanilla and sour cream and mix well.

Add to dry ingredients and mix. Fold in nuts. Pour into loaf pan. Bake for 50-60 minutes or until brown.

Note: Yogurt is just as good as the sour cream and has less calories.

PASTRIES

SUGAR PLUMS

CAROLINE MILLER
COMMISSIONER
MULTNOMAH COUNTY

Makes 5 dozen
400° oven
10-15 min. cook

"For those afflicted with a discriminating, but demanding sweet tooth. Especially good at Christmas time. These are delicious treats and make a good baked gift."

3/4 c. milk
1/2 c. sugar
2 t. salt
1/2 c. butter or margarine
1/2 c. warm water (105-115°)
2 pkgs. active dry yeast
1 egg
4 c. sifted all-purpose flour
1/2 c. plum preserves
1/2 c. raisins
1/2 c. blanched almonds
1 t. grated lemon peel

Scald milk. Stir in sugar, salt and butter and cool to lukewarm.

Measure warm water into a large bowl. Sprinkle in yeast and stir until dissolved. Stir in lukewarm milk mixture, egg and 1/2 flour and beat until smooth. Stir in remaining flour to make stiff batter.

Cover tightly with foil and refrigerate for 2 hours. Combine plum preserves, raisins, almonds and lemon peel.

Divide dough in half on slightly floured board. Then roll 1/2 dough into 18" x 15" rectangle. Cut dough into 3" squares and place 1 teaspoon fruit and nut mixture into the center of each square.

Fold each corner to center, covering filling. Press ends together to seal. Place on greased baking sheet. Repeat with remaining dough and filling. Cover and let rise in warm place (85°), free from draft, until double in size.

Bake at 400° for 10-15 minutes or until golden brown. Cool. Decorate with pecan halves, held with dab of sugar icing.



APPLE FRITTERS

DELL ISHAM
STATE SENATOR

3 min. cook

1 1/3 cups sifted all-purpose flour
1 T. sugar
2 t. baking powder
1/2 t. salt
2 beaten eggs
2/3 cup milk
1 T. salad oil
3 cups small matchstick strips of apple
confectioners' sugar

Sift dry ingredients together. Blend eggs, milk and salad oil. Add dry ingredients all at once and mix just till moistened. Stir in apple strips.

Drop from tablespoon into deep, hot fat (375°). Fry till puffy and golden, 3 to 4 minutes, turning once. Drain on paper towels.

While warm, sprinkle with confectioners' sugar. Serve at once. Makes 3 dozen.

POVITICA

STEVE STARKOVICH
STATE SENATOR

4 hrs. prep
1 1/4 hrs. cook
300 degrees

"A must at Christmas."

Dough:

1 1/2 cups warm milk
1 cube butter
3/4 cup sugar
1 1/2 t. salt
1 egg slightly beaten
2 pkgs. dry yeast dissolved
in 1/4 cup warm water
6 cups unsifted flour, approximately

Filling:

8 to 10 cups shelled walnuts
1 2/3 cups sugar
1 cup honey
Grated rind of one orange
1 cube butter, melted
Dash of salt
1 1/2 t. vanilla
4 eggs, slightly beaten
Canned milk or cream, as needed for
spreading consistency

For dough: Mix milk, butter, sugar and salt. Add yeast dissolved in warm water. Beat in 3 cups flour. Add the eggs and mix well. Add more flour and make soft, not sticky, dough as for bread. Allow to rise in warm place until double. Punch down dough and let rise again about 1 hour.

For filling: Mix all ingredients together, adding milk or cream to make filling spreading consistency.

After second rising of dough, divide in half to make 2 or roll all at one time into 36" circle on floured cloth. Spread with walnut mix, covering entire dough. Roll up like jelly roll and place in 17"x11" greased pan to rise. Allow to rise 1 1/2 to 2 hours and bake at 300 degrees for approximately 1 1/4 hours. DO NOT OPEN OVEN during first 45 minutes. If it browns too fast after 45 minutes, cover loosely with foil for duration of baking.



OVEN PANCAKE

KAREN KLUG

Serves 2
400° oven
15 min. cook

3 eggs
1/4 t. salt
1/2 c. flour
1/2 c. milk
2 t. melted butter

Lemon wedges
Powdered sugar

Beat eggs. Add salt, flour, milk and 1 t. melted butter. Beat again.

Pour into a frying pan that has been sprayed with Pam. Bake in a 400° oven for 15 minutes.

Serve with 1 t. melted butter, lemon wedges and powdered sugar.

Fresh strawberries in season can also be added.

PLACHINTA

NELY L. JOHNSON
DISTRICT COURT JUDGE
MULTNOMAH COUNTY

45 min. prep.
*#7 days
375° oven
45 min. cook

"Plachinta (pla-cheen-ta) is a Romanian pastry served in beer gardens or taverns. It is perfect for picnics, backpacking or buffets."

Dough:

2 c. flour
3 T. water
1 1/2 T. vinegar
2 cubes margarine or butter
1 egg white

Meat filling:

4-5 lbs. beef (not
hamburger)
5-6 medium onions
Salt and pepper
1 potato

Cheese filling:

3 eggs
Raisins
Sugar to taste
1 lg. dry cottage cheese
1 regular cottage cheese

Mix dough ingredients with spoon; knead and divide into 2 pieces. Roll out into 2 sheets.

For meat filling: Boil potato (set aside), brown meat and onions and then mix meat, onions and potato in blender.

For cheese filling: Mix all ingredients together.

Spread desired filling between the 2 sheets of dough or cut dough into squares and fill centers. Seal edges or fold into triangles. Brush top with beaten egg white.

Bake 45 minutes at 375° or till top of crust is brown.

TIKVENIK (PUMPKIN STRUDEL)

ANNETTE FARMER
STATE REPRESENTATIVE

Makes 3 12" rolls
#2 days
350° oven
45 min. cook

"Ethnic custom in Bulgaria is to place a small coin on New Year's Eve in one of the rolls; whoever finds it will have a most prosperous year. Good and different dessert and substitute for coffee cake. Serve with pumpkin, vanilla or mocha ice cream."

1 pkg. strudel leaves (fillo) (1 lb.)
5 c. grated pumpkin or squash (not cooked)
1 c. coarsely chopped walnuts
1 1/2 c. sugar
1/2 lb. butter (melted)
1 t. cinnamon
Flour

Place leaves one at a time on damp cloth; brush with melted butter and layer the leaves until they are 6 deep.

Place grated pumpkin, nuts, sugar and cinnamon on one half of the layer of leaves; sprinkle with a spoonful of flour and roll starting with the end with the pumpkin. This should be the narrow side of the leaves.

Cut each roll part way through diagonally in 2" slices before baking. Place on greased pan and brush again with butter. Bake at 350° for 45 minutes.

Powdered sugar may be sprinkled on top after baking if desired.

ABLESKIVER (SPHERICAL PANCAKES)

DIANE LUTHER

Serves 32

1 1/2 hrs. prep.
and cook, total
*#5 days

"Tasty for breakfast or dessert. A traditional Danish recipe. My grandmother has made ableskiver since before I was born."

2 c. buttermilk
2 c. flour
3 eggs, separated
1 t. baking powder
1 t. soda
1/2 t. salt
2 T. sugar

Sift soda, baking powder and flour together. Beat yolks and sugar together. Add salt, milk and flour mixture. Whip egg whites and add.

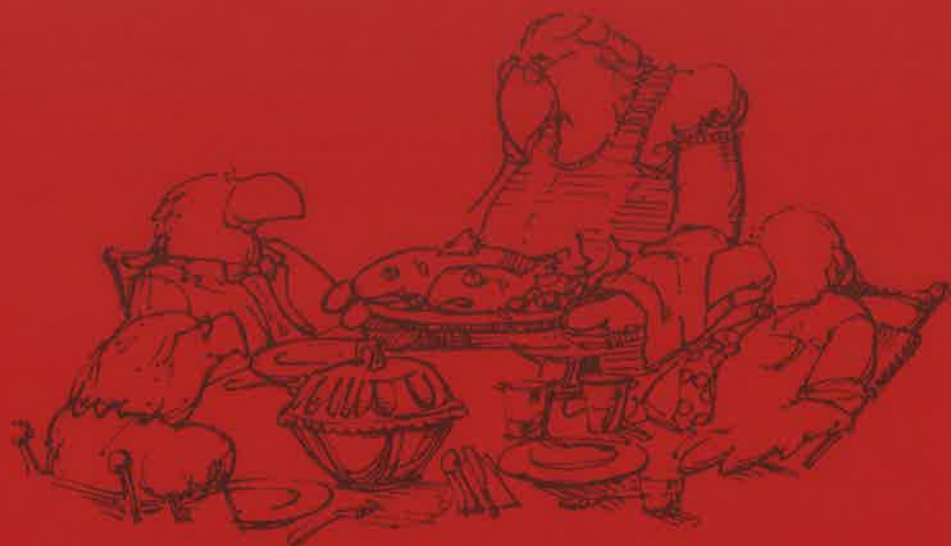
Requires special ableskiver pan. Grease hot pan continuously with Crisco. Pour batter in ableskiver hole to just below rim. When edges turn brown (as with pancake), use a fork to flip the ableskiver.

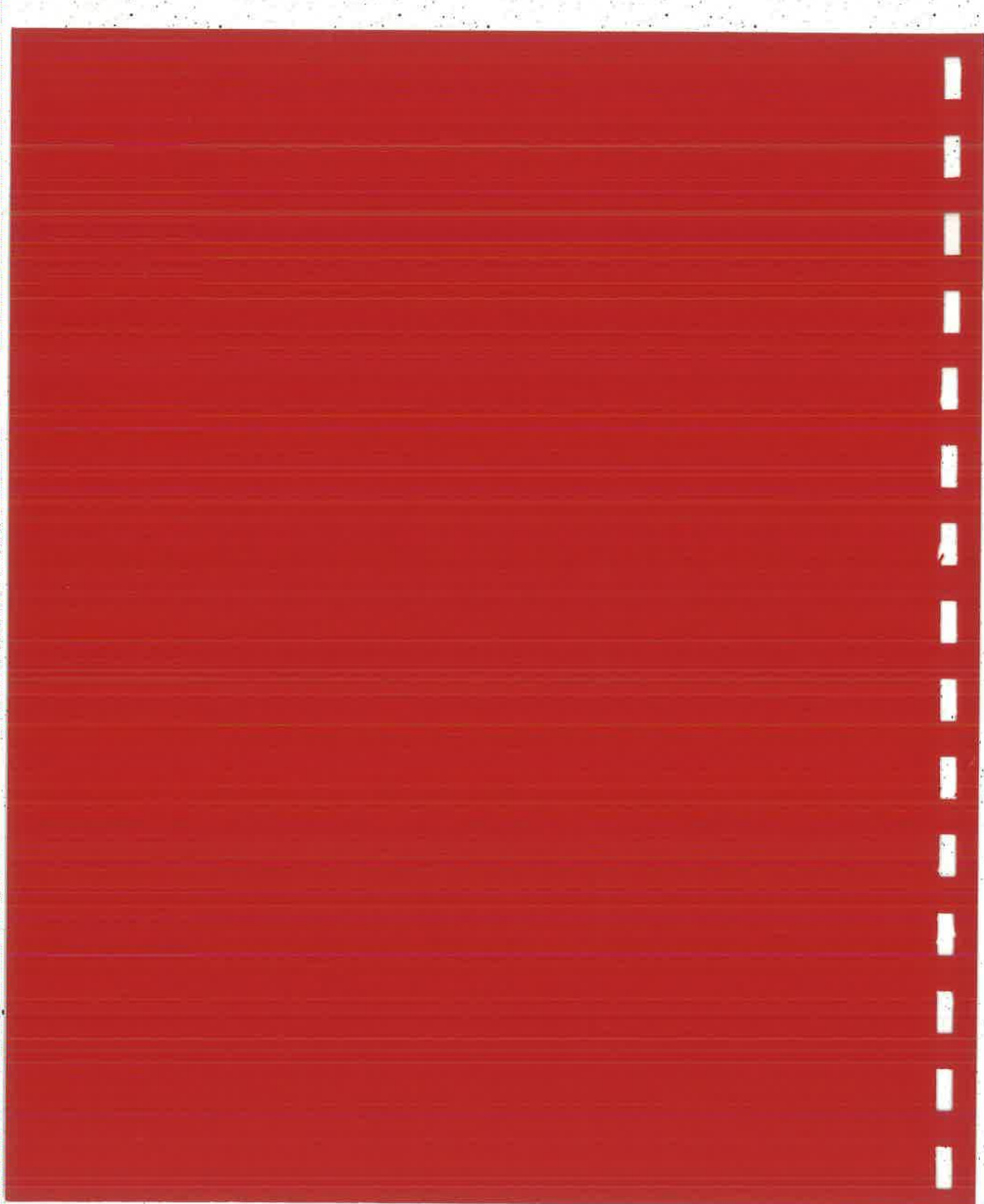
Continue to brown the other side until a round ball results. Do three to five balls at a time.

Bits of apple may be added to batter. Eat like a biscuit with butter, honey or jam.

Note: An ableskiver pan is available at most gourmet shops.

MAIN DISHES





MEAT

POOR PERSON'S PASTRAMI

CONNIE MCCREADY
FORMER MAYOR, CITY
OF PORTLAND

*#several weeks
2-4 hrs. cook
depending upon
quality of beef

"When Peg Bracken and I started the 'I Hate to Cook Book' (my title, her agent), I had one original recipe created by Sybil Holbrook. Her famous author husband, Stewart, demanded Rose's (restaurant) marvelous but expensive pastrami practically daily. She experimented until she was able to fool him and saved a bundle! Would you believe we forgot to include it! So here it is -- enjoy -- we never cruise without some. It's so simple, and keeps so well."

1 corned beef
2-3 cloves
1 scant T. liquid smoke
1 scant T. pickling spices
1-2 garlic cloves, cut in half

Half cover corned beef with cold water in dutch oven. Add seasonings. Simmer until tender, turning over occasionally.

Drain. Put on plate and invert another plate over it. Weigh down until chilled. Slice across grain for hot or cold sandwiches.

Serve with mayonnaise, horseradish, pickles and lettuce for cold sandwiches. For Reubens, add sauerkraut and swiss cheese and toast or fry sandwich.

PUCHERO

MARY WENDY ROBERTS
STATE LABOR COMMISSIONER

Serves 6
20 min. prep.
*#1 day
3 hrs. cook

"This is a warm, aromatic stew -- hearty and good on a cold night. I cooked this stew when my dad had people over to the houseboat for political discussions."

1 lb. lean beef cubes cut into 1 or 1 1/2" cubes
1/4 c. wheat or graham flour
1/2 t. salt
1/4 t. black pepper
2 1/2 c. water
1/4 c. oil
1 c. sliced cooked carrots
1 lb. can whole kernel corn, undrained
1 lb. can sweet potatoes, undrained
4 small zucchini, sliced
1 large onion, chopped
1 large green pepper, chopped
1 sweet red pepper, chopped (optional)
1 bay leaf
Dash garlic salt
1 T. chopped parsely
Basil, thyme and oregano to taste

Dredge meat in flour and brown in oil, preferably in a cast iron skillet. As meat browns, add any left over flour and keep browning. Add water and liquid from vegetables. Cover and simmer for 2 hours or until meat is tender.

Note: It is easy to burn this while the meat is simmering because of the presence of flour. Check meat frequently. Also, dark flour is the key.

Add vegetables. Cover again and simmer for 10 minutes. Add spices and simmer 10 more minutes. Taste and adjust spices accordingly. Sprinkle with parsley.



BADEMJEAN (EGGPLANT) STEW

GRETCHEN KAFOURY
FORMER STATE REPRESENTATIVE

20 min. prep
*#4-5 days

"Learned to cook with mutton and unusual spices in Iran in the Peace Corps in the mid-60's. Easy preparation; unusual middle east flavor -- Enjoy!"

2 1/2 to 3 pounds cubed meat (beef stew or mutton)
1 large eggplant with skin, cubed
1 onion, diced
1 can stewed tomatoes
1 T. lemon juice
1 T. cinnamon
Salt and pepper if desired

In Crockpot:

Put all ingredients into pot and simmer 8 to 10 hours.

In oven:

Brown meat. Mix all ingredients and cook at 325° for 4 hours. Watch liquid carefully -- you may need to add extra water or tomato liquid.

Serve on bed of white rice and top with plain yogurt.

BEEF IN WINE-MUSHROOM SAUCE

NORM SMITH
STATE REPRESENTATIVE

30 min. prep
*#4 to 5 days
Simmer 60 min.

"An easy and inexpensive stroganoff."

2 lbs. round steak, tenderized
6 T. margarine
1 cup onion, chopped
1 clove garlic, finely chopped
1/2 lb. fresh mushrooms, sliced
3 T. flour
1 T. catsup
1/2 t. salt
1 10 1/2 oz. can beef bouillon, undiluted
1/2 cup white wine
1 T. fresh dill or 1/4 t. dried dill weed

Trim fat from beef. Cut into 1/2 inch wide strips.
Melt 2 tablespoons margarine in pan and stir-fry
beef strips until just done. Remove beef as it browns.

In remaining hot butter, saute onion, garlic and
mushrooms until onions are golden, about 5 minutes.
Remove from heat. Add flour, catsup, salt and pepper
and stir until smooth. Gradually add bouillon, bring
to boil, stirring. Reduce heat and simmer 5 minutes.

Over low heat add wine and dill to rest of mixture,
stirring until well combined. Add beef.

Serve over rice or noodles.

RED HOT SPAGHETTI

JIM GARDNER
STATE SENATOR

30 min. prep
1 hour cook
*#3 days

"I first developed this recipe when I was going to law school in New Haven, Connecticut and my roommate and I decided to keep the temperature in our apartment at 55 degrees during the winter to save energy. We found that this dish was one of the few ways that we could truly get warmed up in the wintertime. The spaghetti sauce is really HOT!"

Tomato sauce
Hot Italian sausage
Onion
Several fresh mushrooms or a small tin
Favorite pasta
Oregano, basil, garlic and hot pepper

Slice very spicy Italian sausage and saute until crisp. Lightly saute chopped onion and mushrooms and place in tomato sauce together with a big pinch of each spice. Simmer for approximately one hour until all flavors are blended.

Serve over freshly cooked pasta (cooked according to package directions.)

SPAGHETTI A LA SPRINGER

DICK SPRINGER
STATE REPRESENTATIVE

Serves 4-6
2 hrs. cook

"Serve with tossed green salad, french bread and Chianti wine."

1 small pkg. long spaghetti
1 1/2 lb. ground round steak
2 T. butter
1 large can whole tomatoes, cut into small pieces
1 small can tomato sauce
1 small can sliced mushrooms
3/4 t. rosemary
3/4 t. oregano
3/4 t. sweet basil
1 t. spaghetti seasoning
1 small whole garlic clove (optional)
Salt and pepper to taste
Parmesan cheese

Brown ground round steak in butter. Add tomatoes and rest of ingredients except cheese. Simmer, covered, for 2 hours. Add liquid (tomato juice or water) as needed. Remove garlic clove before serving.

Add spaghetti to salted, boiling water. Stir vigorously to avoid sticking. Boil about 7 minutes. Strain. Add spaghetti to sauce. Let sit 10 to 20 minutes.

Serve with grated Parmesan cheese.

NEDONNA BEACH CAMPFIRE STEW

JEWEL LANSING
AUDITOR
CITY OF PORTLAND

Serves 5-6
30 min. prep.
*#1 day
30 min. cook

*"Best way I know to enjoy dining on the
Oregon coast and avoid the kitchen!"*

2 lbs. hamburger
2 large carrots, sliced
1/4 lb. mushrooms, sliced
6 medium potatoes, sliced
2 onions, sliced
Salt and pepper

Cut double thicknesses of heavy aluminum foil about 12" by 12". Layer carrots, onions, potatoes and mushrooms in middle of foil. Season each layer with salt and pepper. Place hamburger patties on top of vegetables. Then layer vegetables on top of hamburger beginning with mushrooms.

Seal packets by folding foil over double in each direction.

Build large open-wood fire on sand with big logs that will hold heat. When flames have died, spread hot charred logs to the sides. Place stew packets (folded tight at both ends) close to, but not touching, logs. Turn packets over with two long sticks after sizzling is audible for 10 minutes. Do this on each side.

Recipe originated as "Pocket Stew" with the Girl Scouts of America.

CABBAGE ROLLS -- SHIRLEY & DAVE'S SHORTCUT STYLE

SHIRLEY GOLD
STATE REPRESENTATIVE

30 min. prep
2 hours cook
Serves 4
*#3 days

"This is the West Coast U.S. version of a dish popular in Central, Eastern and Southern Europe for many, many years. My mother and her mother before her used to make this dish through a very laborious process until one day a young niece in California clued them in to the shortcut sauce method. Because my husband, Dave, and I love it so, my mother taught Dave how to make it. He is now the expert cabbage roll maker."

1 lb. ground beef
1 large head of cabbage
1 large egg
1 medium sized bottle chili sauce
4 oz. bottle grape jelly
Touch of soy sauce
Small handful of minute rice

Sauce: In a large kettle, mix the chili sauce, the grape jelly and water of a quantity equal to 2 bottles of chili sauce. Place on top of stove on low light and bring to a boil while preparing the cabbage rolls.

Cabbage rolls: Fill a large kettle with water and boil. Place the head of cabbage in it, cover, and turn off stove. Leave cabbage while preparing the meat. The hot water loosens the leaves for the cabbage rolls.

Mix well the egg, soy sauce, rice and meat. Remove the cabbage from the water and slowly and carefully remove and separate the leaves. Divide the meat into as many portions as there are larger cabbage leaves.

Place each portion of meat onto a cabbage leaf. Tuck around and roll up the leaf around the meat.

Final process: Chop up the heart of the cabbage and the very small leaves. Place in the bottom of the kettle of heated sauce. Slowly and carefully place each cabbage roll in that same kettle. Simmer on lowest light for two hours. Serve with steamed rice.



HAMBURGER PIE

TANYA COLLIER
MARILYN SCHULTZ

"It is a quick, simple, balanced meal for a family. A no-nonsense dinner. It needs no accompaniments."

Serves 8
45 min. prep.
*#5 days
350° oven
1/2 hr. cook
12 min. microwave

2 cans tomato soup
1 can corn
1 can green beans
1 lb. hamburger
1 lb. sausage
1 chopped onion
1 clove garlic

salt
pepper
2 1/2 lbs. potatoes
1 T. barbeque sauce
1 T. worcestershire sauce

Combine soup, corn, beans, barbeque sauce, worcestershire sauce, salt and pepper. Brown hamburger and sausage with onion and garlic.

Mix with soup mixture. Boil the potatoes until soft. Mash and spoon on top of casserole.

Bake at 350° for 1/2 hour.

SUPER NACHOS

AL YOUNG
STATE REPRESENTATIVE

20 min. prep
*#2 to 3 days
400 degrees
20 to 25 min. cook

1/2 lb. ground beef
1/2 lb. sausage
1 large onion, chopped
2 (1 lb) cans refried beans
1 6 oz. can peppers, chopped (mild or hot)
2 to 3 cups jack and mild cheddar cheese, shredded
1 package taco seasoning
3/4 cup green taco sauce
1 cup chopped green onions
1 cup chopped ripe olives
1 large avocado, mashed
1 cup sour cream
1 tomato, diced

Crumble meat into frying pan and add diced onion. Drain off fat and season meat with taco seasoning. Simmer.

Spread beans in a 10"x15" pan. Top with meat and spread peppers over meat. Then layer with cheeses.

Bake in oven at 400 degrees for 20 to 25 minutes.
Garnish with taco sauce, onions, olives and avocados.
Serve with tortilla chips.

1 pound hamburger can be substituted instead of half sausage, half burger. Experiment with garnishes.

EASY CHILI/REFRIED BEAN CASSEROLE

RHONDA ADAMS

"This is easy and good and feeds several hungry, young people with a minimum of fuss."

Serves 4-6
1/2 hr. prep.
*#3 days
350° oven
30-45 min. cook

- 1 large (30 oz.) can refried beans
- 1 large (30 oz.) can tomatoes or tomato sauce
- 1-1 1/2 lb. hamburger
- 1 medium onion, chopped
- 1 large can black olives, chopped (optional)
- 2-3 T. chili powder
- 2 t. oregano
- 2 t. cumin
- 2 garlic cloves, minced
- 1 lb. monterey jack cheese (or other cheese), grated
- 1 large bag of tortilla chips, crushed

Saute hamburger, onion and garlic in frying pan until fairly well done. Mix hamburger mixture together with refried beans, tomatoes and spices. Adjust spices to taste.

Put a layer of the meat/bean mixture on bottom of a casserole dish. Top with layer of tortilla chips and then with a layer of cheese and olives. Continue layering ending with top layer being cheese and olives.

Bake at 350° for 30-45 minutes.

For a vegetarian dish, leave out hamburger.

TACO CASSEROLE

BILL RUTHERFORD
STATE REPRESENTATIVE

"Hot and spicy - a great Mexican dish."

20 min. prep
*#1 or 2 days
350 degrees
20 to 30 min.
cook

1 lb. ground beef
1 15 oz. can chili beans
1 8 oz. can tomato sauce
2 T. taco sauce
2 to 4 t. chili powder
1 t. garlic salt
2 cups coarsely broken tortilla chips
1 cup dairy sour cream
1/2 cup sliced green onions with tops
1 tomato, chopped
1 cup shredded cheddar or jack cheese

Cook and stir ground beef in 10" skillet until brown; drain. Stir in beans, tomato sauce, taco sauce, chili powder and garlic salt and heat to boiling.

Place chips in ungreased 2 quart casserole (12x7x2" baking dish). Top with beef mixture and spread with sour cream. Cook uncovered until hot and bubbly. Sprinkle on tomato and green onion.

Arrange additional tortilla shells around edge of casserole. Serve with shredded lettuce, taco sauce and peppers.

Good accompaniments for the dish include: Salad, dip and chips and beer.

PINWHEEL MEAT LOAF

MARY ALICE FORD
STATE REPRESENTATIVE

350° oven
1 hour cook
Serves 4 to 6

*"Just made up -- no history, but fun
for a different meat loaf."*

1 1/2 lbs. ground beef
1 egg
1 1/2 slices bread, crumbled
1/4 cup sour cream
1 t. salt
1/4 t. pepper
1 pkg. frozen Italian green beans

Sauce:

1/2 t. garlic salt
1 t. Italian seasoning
1 can tomato sauce

Mix ground beef, egg, crumbled bread, sour cream,
salt and pepper. Mix together sauce ingredients.

Flatten meat mixture on a large plate or board.
Cook the frozen green beans as directed and mix
with half the sauce.

Spread bean mixture over the meat and roll the
meat up into a pinwheel.

Place meat in loaf pan and top with remaining
sauce. Bake for 1 hour at 350°.

GREEK MEAT LOAF

KAREN KLUG

Serves 4
325° oven
1 hr. cook

1 1/2 lbs. ground lamb
2 eggs
1/2 c. bread crumbs
1 t. parsley
1 t. oregano
1 t. garlic salt
2 t. nutmeg
3/4 t. salt
2 t. melted butter
1/2 onion, chopped
Plain yogurt
Lemon wedges

Mix ground lamb, eggs, bread crumbs, parsley, oregano, garlic salt, nutmeg, salt and onions, which have been sauted in the melted butter.

Shape into meat loaf in standard size meat loaf pan. Bake in 325° oven for 1 hour.

Serve with plain yogurt and lemon wedges.

ROAST PORK TENDERLOIN, ORIENTAL

DOROTHEA FRAVEL

Serves 6
325° oven
1 1/2 hrs. cook

*"Garnish with spiced fruit or
preserved kumquats and sprigs of
parsley. Good with rice."*

3 Pork Tenderloins (about 3/4" thick each)
1 1/4 c. chicken stock
1/3 c. soy sauce
1/3 c. honey
3 T. sherry
1 T. lemon juice
1/2 clove garlic
1 t. each cinnamon and salt
1/4 t. powdered ginger
2 T. (generous) cornstarch

Combine chicken stock, soy sauce, honey, sherry,
lemon juice, garlic, cinnamon, salt and ginger.
Marinate the meat for 2 hours in this mixture.

Drain meat, reserving marinade. Coat meat with
cornstarch. Place in shallow roasting pan. Pour
marinade over meat carefully. Cover.

Bake in moderately (325°) slow oven about 1 1/2
hours. Baste frequently with marinade.

To serve, slice on the diagonal.

POULTRY

SOUTHERN BARBEQUE CHICKEN

HARDY MYERS
STATE REPRESENTATIVE

#several weeks
(sauce)
350° oven
2 hrs. cook

"This recipe is from my Aunt Audrey of Mississippi who was a veritable Auntie Mame."

1 or 2 cut up frying chickens

Sauce:

1/2 c. water
1/2 c. catsup
1/4 c. vinegar
1 medium onion, chopped
1 T. worcestershire sauce
1 t. paprika
1 t. dry mustard
1 T. brown sugar
Few drops tabasco

Salt and pepper

Butter

Saute chopped onion and add to rest of sauce ingredients.

Rub chicken with butter and sprinkle with salt and pepper. Put chicken in 350° oven and bake for 1 hour.

Pour sauce over chicken and bake 1 more hour.

Serve with green salad, rice and green beans. Sauce can be used on ribs or other barbeque dishes.

PRIMROSE PLANTATION BARBECUED CHICKEN

JANE CEASE
STATE REPRESENTATIVE

2 hours prep
1 hour cook

"My mother devised this recipe over the years. It is absolutely mandatory at our house that it be served with corn on the cob and "Fire and Ice Tomatoes". That recipe also appears in this book. It is also mandatory that you apply the sauce to the cooking chicken with an old-fashioned cloth dishmop and that you also apply the sauce to the corn on the cob."

Sauce (for 4 chickens):

1 cup vinegar
6 lemons
1/2 cup ketchup
2 T. sugar
1 T. salt

2 t. dry mustard
1 T. tabasco
2 T. Worcestershire sauce
2 lbs. (yes really) margarine
4 cloves of garlic

Mash and slice the garlic. Squeeze the lemons and use all the juice, pulp seeds and everything. Slice one of the lemon rinds into strips and throw it in. Add all the rest and heat until the margarine melts, stirring frequently.

Cook chickens, quartered, over a very low fire. Baste with sauce and turn frequently for the first half hour. The fire should be slow enough to take at least one hour to cook the chicken. This allows the sauce to permeate it.

Editor's note: Fire and Ice Tomatoes appears on page 34.

CHICKEN IN MUSTARD SAUCE

VICKI HOPMAN YATES

*"This recipe was adapted from
a favorite recipe of political
commentator Joseph Kraft."*

Serves 4
10 min. prep.
350° oven
1 hr. cook
*

3 lb. chicken, cut up
4 T. butter or margarine
1/3 c. honey
1/4 c. prepared mustard
1 t. salt
1 T. curry powder

Preheat oven to 350°. Mix together all ingredients except chicken. It may be necessary to heat the ingredients slightly to get a smooth sauce.

Place chicken in a baking dish. Pour sauce over chicken and bake, uncovered, at 350° for 1 hour or until chicken is tender and glazed.

Baste chicken with sauce once or twice while baking.

Note: Sauce may be prepared in advance. Will keep in refrigerator for 4 days and it may be frozen.

CHICKEN SUPREME

DONNA ZAJONC
STATE REPRESENTATIVE

Serves 6-8
25 min. prep.
#1 day
350° oven
45 min. cook

2 10 oz. pkg. frozen/fresh broccoli
3 whole cooked chicken breasts (skinned, boned, diced)
2 cans condensed cream of chicken soup
1 c. mayonnaise
1 t. lemon juice
1/2 c. cheddar cheese, shredded.
Slivered almonds (optional)

Cook broccooli and drain. Put in a 3 quart baking dish. Lay chicken on top.

Mix together soup, mayonnaise and lemon juice. Pour over chicken. Sprinkle with cheese and top with slivered almonds.

Bake in preheated 350° oven for 45 minutes.

HOT & SPICY CHICKEN

KATE CLINTON

Serves 4
#1-2 days

"This recipe uses filleted chicken which is readily available in the form of packaged chicken breasts...it's cheaper, too. This goes well with bosmati rice (called 'Texmati' rice at Corno's) and a spinach salad with lemon/oil dressing."

4 good-sized chicken breasts

Flour

Salt and pepper

1 large onion, chopped

3-4 T. cooking oil

2 T. butter

2/3 c. tamari sauce

Hot salsa

2 small green peppers, cut matchstick style

2/3 c. sesame seeds

(Optional additions: Sliced carrots and mushrooms)

For preparing chicken: Hold chicken breasts under warm running water; peel off the skin. Break the rib bone at the center -- the meat should tear easily off the bone. (Save the bones for chicken stock.) The fillets should then be cut into small pieces. Dust each piece lightly with flour, salt and pepper and set aside.

Saute the onion and peppers in 1 tablespoon butter and 2 tablespoons oil for about 8 minutes or until transparent. Set aside.

In another skillet, saute the chicken pieces in remaining butter and oil until browned. Add tamari sauce and hot salsa (3 tablespoons more or less) and stir until blended. Keep over low heat until thoroughly blended -- about 10 minutes or so.

Add vegetables and sesame seeds. Stir lightly and serve.



GOURMET CHICKEN

CLIFFORD W. TROW
STATE SENATOR

10 min. prep
2 hrs. cook
325 degrees

1 can cream of mushroom soup
1 can cream of celery soup
1 can cream of asparagus soup
1 can water
1 pkg. Uncle Ben's long grain white/wild rice and seasoning
Chicken breasts or thighs

Mix together all ingredients but chicken in bottom of roaster. Place chicken on top of mixture.

Bake 2 hours at 325 degrees, covered.

SESAME CHICKEN

MARGIE HENDRIKSEN
STATE SENATOR

Serves 4
1 hour cook
375° oven

1 cup crushed crackers, either bacon,
chicken or vegetable flavored
2 lbs. boned and skinned chicken breasts
2 T. sesame seeds
1/2 t. poultry seasoning
1 t. basil
1/8 t. pepper
1 t. thyme
1/4 t. garlic powder
1/2 cup butter or margarine

In a shallow dish, combine all ingredients except chicken and butter. Melt butter, and while butter is melting, flatten chicken breasts.

Dip chicken breasts in melted butter and then in crumb mixture. Thoroughly coat chicken and roll each piece jelly roll fashion.

Place in baking dish. Drizzle remaining butter over chicken. Bake at 375° for one hour.

MILDRED'S SOUFFLE

MILDRED A. SCHWAB
COMMISSIONER
CITY OF PORTLAND

2 hours prep
and cook, total
Start day before
serving

*"As often is the case in politics, there's
something for everyone in this recipe."*

10 slices day old bread
1 cup mayonnaise
1 cup celery, diced
2 cups turkey, diced
1 1/4 cups onion, finely chopped
4 eggs
3 cups milk
1 can cream of mushroom soup
Cheddar cheese, grated

Remove crusts and dice bread. Put half of bread in 9"x13" loaf pan. Mix with mayonnaise, celery, meat and onion and spread over bread in pan. Cover with remainder of bread. Beat eggs and add the milk, then pour mixture over contents in pan. Refrigerate overnight.

Cook 20 minutes at 350 degrees, then pour undiluted soup over souffle and sprinkle with cheese. Bake one additional hour at 300 degrees until set. Let stand 5 to 10 minutes before serving.

Chicken, ham, crab or shrimp may be substituted. If using crab or shrimp use cream of shrimp soup as substitute.

SEAFOOD

SEAFOOD AND BROCCOLI

NORMA PAULUS
SECRETARY OF STATE
STATE OF OREGON

325 degrees
30 min. cook

"I served this dish for the Oregon Women's Political Caucus fundraiser at my home last spring. On the day of the fundraiser, we opened our local newspaper to find that a great deal of canned salmon had been recalled from the grocer's shelves and there was a real scare. At the last minute we substituted scallops and shrimp, and the recipe is good made either way."

1 can salmon (15 1/2 oz) or combination of 1/2 lb.
each, scallops and shrimp
1 lb. fresh broccoli
1/3 cup onion, chopped
1 T. butter or margarine
1 can cream of celery soup
1 can (small) mushrooms, drained or sauteed fresh
mushrooms
1/2 t. dried dill weed
1/2 t. salt
1/8 t. pepper
2 T. lemon juice
Sliced almonds

Drain salmon, reserving liquid to add with soup, and break into chunks. (If using scallops and shrimp, poach in small amount of vermouth, lemon juice and butter for 5-10 minutes.)

Cook broccoli until tender.

Saute onion in butter. Add soup to onions and heat through. Stir in mushrooms, dill, salmon or other seafood and liquid.

Arrange broccoli in 9"x9" casserole. Pour other ingredients over broccoli and top with sliced almonds. Bake 30 minutes at 325 degrees.



SALMON SOUFFLE

MARY MCCAULEY BURROWS
STATE REPRESENTATIVE

Serves 6
350° oven
50 min. cook

3 T. butter
3 T. flour
1 cup evaporated milk
1/2 cup water
1/4 cup salt
4 eggs, separated
1 lb. can of salmon, flaked

Melt butter and blend with flour. Add milk, water and salt. Cook until thickened, stirring constantly. Pour slowly over well beaten egg yolks. Add salmon. Fold in stiffly beaten egg whites.

Pour into buttered baking dish. Place baking dish in a pan of hot water and bake in moderate oven (350°) 45 to 50 minutes.

WESTERN BAKED SALMON

BOB PACKWOOD
U.S. SENATOR

300° oven

Salmon
Salt
Lemon juice
Onion
Basil
Marjoram
Thyme

Wipe with a cloth any size piece of salmon. Season with salt, lemon juice and onion, inside and out.

Wrap salmon in at least 3 thicknesses of aluminum foil, tucking in edges of each thickness.

Bake 1 hour and 45 minutes at 300 degrees. If fish is frozen, extend cooking time to allow for thawing.

The size of the salmon makes no difference in cooking time, unless the fish is up to 15 lbs., then extend cooking time about 20 minutes. Always be careful not to overcook.

During last of cooking time, open foil and add basil, marjoram, thyme and your favorite herbs. Season inside and out. Then reseal. Fish should be moist and flaky when done.

BARBEQUED TROUT

DAVE FROHNMAYER
ATTORNEY GENERAL

Serves 6
30 min. prep
8 min. cook

"I got tired of soggy fish, long barbeque preparations and charred outdoor meals. I like to spend time with guests, not time running back and forth from deck to kitchen. People who are cooking klutzes can impress friends with this seemingly effortless, tangy and satisfying dish. It tastes good, it is very simple to prepare and is about as light and non-fattening as a dinner can be. It is designed for outdoor summer patio dinners when guests arrive unexpectedly. A simple tossed green salad, chicken-flavored herbal rice and Moselle or Vouvray wine go very well."

6 trout
6 slices of bacon
Butter
Garlic powder
Onion powder

12 thin slices of lemon
Almonds, diced
Accent or MSG
Vegetable oil

Light a charcoal fire. Fry bacon. Place a small pat of butter inside each fish. Sprinkle garlic and onion powder inside and outside the fish. Add a little Accent or MSG. Sprinkle the almonds inside each fish. Lay bacon strips lengthwise inside. Put two thin slices of lemon in each trout. Spoon the vegetable oil over the outside of the fish.

After the burning charcoal is covered by a light gray ash (30 to 45 minutes), barbeque trout four minutes per side. Spoon a little more oil on the fish shortly before turning.

HALIBUT WITH SAUTERNE

STEVE STARKOVICH
STATE SENATOR

15 min. cook
400 degrees

1 lb. halibut fillet
1 cup sauterne wine
1 t. salt, or less
1 cup mayonnaise
1/2 cup sour cream
1/4 cup chopped onion
Fine bread crumbs

Mix wine and salt. Marinate fish for 1 to 2 hours in wine mixture. Drain well.

Dip both sides of halibut into bread crumbs. Arrange side by side in greased shallow baking dish. Mix mayonnaise, sour cream and onion and spread evenly over fish. Cover with thin layer of crumbs. Dust with paprika and bake in hot oven (400 degrees) for 15 minutes.

This recipe was submitted by Anna Starkovich, the Senator's mother.

SUE JUBA'S CRAB MUFFIN BROIL

JANE CEASE
STATE REPRESENTATIVE

Serves 6

"Sue made this at my house one day when we were treating League of Women Voters members, who were learning how to raise money from the business community for a finance drive. I thought this cookbook ought to have a recipe in memory of Sue. By the way, I have added variations myself over the years. Makes a great lunch or light supper with a green salad."

6 oz. can of crab, drained
1 jar Kraft Old English Cheddar Cheese Spread
1/2 cup mayonnaise
1 to 2 T. grated onion
1/4 cup finely diced celery
5 or 6 English muffins

Mix all ingredients except muffins. Butter muffins and spread mix on top. Broil until brown and bubbly under broiler.

Variations: Instead of crab, make a batch with sauteed mushrooms, nutmeg, Worcestershire sauce and a dash of cayenne pepper. Or use shrimp and add some curry powder. Or use ham and substitute bacon-flavored cheese spread.

Once I made four different kinds at a cocktail/birthday party for my husband, Ron, and put candles in them.

SHRIMP NEWBERG

BILL BRADBURY
STATE REPRESENTATIVE

Serves 4 to 6
15 min. prep
20 min. cook

"Succulent and tangy seafood delight. Serve with rice, noodles or tater tots and a green salad."

4 T. butter
4 T. flour
1 1/2 cups milk
1/2 cup sherry
2 cups sharp cheddar cheese, grated
salt, pepper and paprika
1 1/2 lbs. fresh baby shrimp

Melt butter in a saucepan and stir in flour while still over the heat. Slowly add milk, stirring constantly. Add sherry slowly and cook until sauce thickens. Keep stirring all the time. Once fairly thickened, add the grated cheese and seasonings to taste.

Add shrimp and continue to cook until shrimp are warm.

FRIED RICE

MAE YIH
STATE SENATOR

20 min. prep
#1 to 2 days
15 min. cook

"Often I am called upon to show 4-H girls how to cook Chinese food. This is a meal in itself and it is easy -- also fairly typical of Chinese food."

1/2 cup ham, chopped
4 eggs, beaten
2 1/2 t. salt
5 T. and 2 1/2 t. oil
2 stalks of scallions, chopped
5 oz. green peas
1/2 lb. shrimp, shelled and deveined
1/2 T. sherry
1 garlic clove, crushed
1/2 t. sugar
1/2 t. cornstarch
4 cups cooked rice
1/4 t. sesame oil

Dice ham into 1/4 inch cubes. Scramble eggs with 1/4 teaspoon salt and 1 tablespoon oil.

Cut shrimp into 1/2 inch pieces. Marinate with sherry, 1/2 teaspoon of salt, sugar and cornstarch for 15 minutes. Heat garlic in 2 teaspoons of oil and stir fry shrimp in oil. Just before shrimp is done, add sesame oil and 1/2 teaspoon of oil.

Stir fry green peas with 3/4 teaspoon and 1 tablespoon of oil. Stir fry rice (dry rice preferred, i.e. rice cooked with a little less water than normally recommended or one day old rice) with 3 tablespoons oil and 1 teaspoon salt. Add all ingredients and blend well.

HURRY TUNA CASSEROLE

ROBIN MORAN

"Simple, easy and good tasting either cold or hot. Kids can fix this but double the recipe if you want anything to eat!"

Serves 4
30 min. prep.
350° oven
20 min. cook

1 can tuna
1 box potato chips
1 can mushroom soup
Milk

Crush chips; pour into baking dish. Add tuna, mushroom soup and about 1/2 soup can of milk.

Stir all together. Bake in 350° oven for about 20 minutes.

VEGETARIAN

CHILI RELLENO CASSEROLE WITH PEANUT SAUCE

GINA WHITEHILL

Serves 5-7

325° oven

1 hr. cook

"This is a great brunch specialty -- always a hit! It's somewhat dietetic, if you stay away from the sauce -- but I dare you!"

3 cans whole Ortegas chilies
1 1/2 lbs. jack/hot pepper
cheese, grated
3 T. flour
9 eggs
1 1/2 c. milk
Dash Lea & Perrins
 Worcestershire sauce
Salt and pepper

Sauce:
15 oz. can tomato
sauce
1 large onion, sliced
1 c. peanut butter
1/3 c. water
3 cloves garlic,
minced

Split chilies; wash and dry on paper towels. Mix eggs with everything but cheese. Layer into casserole dish starting with eggs, then chilies and then cheese. Repeat layering ending with egg on top. Bake at 325° for 1 hour or until eggs are firm.

For sauce: Blend all ingredients except the onion until smooth. While stirring, bring to a boil. Cover and keep heated. Layer onion over top of casserole. Just before eating, spoon sauce onto wedges of casserole.

SPANIKOPITA (GREEK SPINACH PIE)

VALERIE THIBEAU

Serves 12
 2 hrs. prep.
 *#1 day
 350° oven
 1 hr. cook

"This is a rich, vegetarian dish and it has won several Spanikopita bake-offs. Serve with Greek salad or fresh green salad, garlic bread and Ouzo."

2 lbs. fresh spinach (small leaves)
 1 lb. Feta cheese
 7 eggs
 1 large onion, minced
 3 cloves crushed garlic, fresh
 1 lb. fillo dough
 1 lb. butter
 Oregano
 Olive oil

Rinse spinach and remove stems. Chop or shred finely. (Use scissors.) Mince onion and saute in olive oil. Crumble Feta cheese.

Mix fresh spinach, crumbled cheese, eggs, onion, crushed garlic and some oregano in bowl. Set aside.

In glass 13 x 9 pan, layer melted butter, fillo, butter, fillo until 6 layers are on pan bottom. Add 1/3 spinach mixture.

Layer more fillo and butter (6 layers), 1/3 spinach mixture, 6 more layers of fillo and butter, the remaining 1/3 spinach mixture and top off with remaining fillo dough.

You must work quickly with fillo dough as it dries out. Fold all the edges of the dough over the top of the casserole and butter thoroughly. Bake for 1 hour at 350°.

ARTICHOKE PIE

RICHARD P. BULLOCK
FORMER STATE SENATOR

Serves 4 to 6
45 min. prep
*#3 or 4 days
350° oven
30 min. cook

"This pie has been served now at more Democratic Party functions than I would care to remember and auctioned off at dozens of fundraisers for candidate friends. Serve with salad, fresh fruit and white wine."

1 pie shell
2 6-oz. jars of marinated artichokes
3 to 4 eggs
1+ cups grated parmesan cheese
1 cup cracker crumbs

Slightly brown pie shell in oven (15 - 20 minutes.)
Drain one jar of artichokes and mix with second jar undrained. Add eggs and one cup of cheese. Mix well.

Pour into partially baked pie shell and top with cracker crumbs and more cheese.

Bake at 350° for one half hour or until firm and lightly browned.

You may use marinated mushrooms instead of artichokes.

YUMMY CORN CASSEROLE

CAROL PANFILIO

Serves 4
350° oven
30 min. cook

3 T. butter
2 c. fresh kernels of corn
1/2 c. bell pepper, chopped
1/3 c. pimento, chopped
1/2 c. sliced green olives
3 T. minced parsley
4 T. whole wheat flour
1 t. salt
1/2 t. pepper
2 c. milk
3 eggs, beaten
1 c. cheddar cheese, grated

Saute corn kernels, green pepper, pimento, olives and parsley in butter for 2 minutes. Cover and simmer for 10 minutes stirring often.

Stir in flour, salt and pepper. Gradually add milk and simmer until vegetable mixture thickens.

Cool slightly; beat in eggs and cheese. Pour into buttered casserole dish. Set dish in pan of water and bake in 350° oven for 30 minutes.

MUSHROOM QUICHE

MARGARET GIFFORD

"Very easy to prepare. Nutritious ingredients. Excellent with fruit compote, vegetable salad, cole slaw and hot rolls."

Serves 4-6

1/2 hr. prep.

*#3 days

350° oven

30-35 min. cook

1 c. heavy cream

1 c.+ grated swiss cheese

1/2 lb.+ mushrooms, sliced

3 eggs

Chopped onions to taste (about 1/4 c.)

1 8" pie crust (can use frozen pre-made)

Nutmeg

Salt

Pepper

Butter

Place pie crust in well-greased glass pie or quiche plate. Bake in pre-heated 350° oven for 5 minutes. Remove and set aside.

Brown sliced mushrooms in skillet with butter. Combine eggs and cream in a bowl adding a dash of salt and pepper. Mix together well with whisk or fork.

Spread browned mushrooms evenly over bottom of pie crust; then pour egg/cream mixture over mushrooms evenly. Sprinkle grated swiss cheese over top. Dot with butter and sprinkle a small amount of nutmeg on top.

Bake at 350° for 30 to 35 minutes or until knife piercing the center comes out clean.

CHEESE BAKE

MARY ANN MYERS

"Very tasty--kids love it and it's very economical. Also, the ingredients are usually on hand. My boys call this cheese souffle but it is not as tempermental as many souffles."

Serves 4-5
10-15 min. prep.
#1 day
350° oven
1 1/2 hrs. cook

5 slices bread
4 eggs, well beaten
2 c. milk
1/2 t. salt
1/2 t. dry mustard
1 c. grated cheddar cheese

Butter bread and remove crusts. Cut bread into 1" squares. Place in a well-buttered dish.

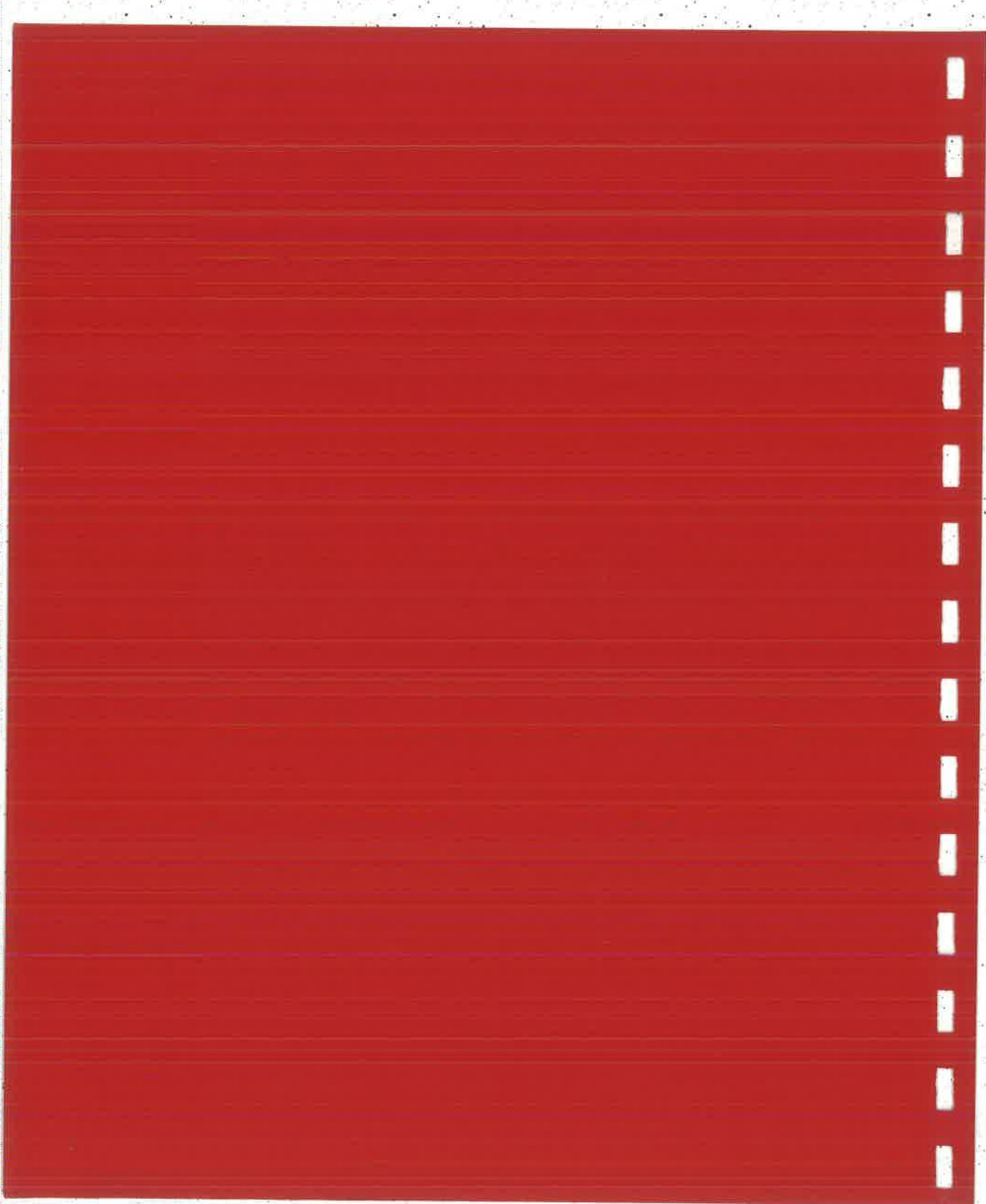
Mix eggs, milk, salt, mustard and cheese together. Pour on top of bread.

Set dish in pan of hot water. Bake in 350° oven for 1 1/2 hours or until firm.

Note: Margarine may be used instead of butter.

VEGETABLES & SIDE DISHES





VEGETABLES BECHAMEL WITH RICE

MARY ALICE FORD
STATE REPRESENTATIVE

*#3
450° oven
10 min. cook

*"Good for combo of vegetables and rice
with any meat dish and green salad."*

1 cup brown rice	1/2 cup slivered almonds
2 cups water	1/4 cup margarine
1 bouillon cube	2 T. flour
1 medium onion, chopped	1 1/2 cup milk
1 rib celery, chopped	2 t. dry basil
2 T. margarine	2 t. Dijon mustard
2 cups steamed vegetable, assorted	Salt and pepper to taste
1 cup grated Jack cheese	

Cook rice in water with bouillon cube. Bring to boil, cover and cook over lowest heat for 40 to 45 minutes. Turn off burner, remove cover and let rice sit on a cool burner for 5 minutes to dry. Pour cooled rice into a baking dish large enough so that the rice is 1/2 inch deep.

Saute onion and celery in 2 tablespoons margarine until soft. Arrange on top of rice along with steamed vegetables (cauliflower, broccoli, sliced carrots, asparagus, and mushrooms are suggested.)

In saucepan, melt 1/4 cup margarine. Stir in flour and cook 1 minute. Gradually stir in milk and cook, stirring constantly, until thickened. Add mustard, salt, pepper and basil; stir to blend. Pour sauce over vegetables. Sprinkle top of casserole with cheese and almonds.

Bake at 450° for 10 minutes or until cheese is melted.

GREEN BEAN CASSEROLE

OLIVE BARTON

"This recipe doubles easily -- I also add sliced mushrooms to this occasionally, which adds another texture. They should be fresh."

Serves 6-8
#Several days
325° oven
45 min. cook

1/2 cube butter
3 medium-sized onions, coarsely chopped or cut in rings
2 T. flour or cornstarch
2 cans drained, french cut green beans
1 can bean sprouts (8 oz. can)
1 small can water chestnuts, sliced and drained
1 c. grated sharp cheese
2 t. soy sauce
3-4 dashes worcestershire sauce

Melt butter. Add onions and cook until light golden in color. Add flour or cornstarch and stir. Remove from heat.

Add remaining ingredients and mix well. Put in casserole dish and bake, uncovered, at 325° for 45 minutes.

SPINACH FRITATA

LEAH ESKENAZI

"It's passed the taste test for at least 3 generations. Can be used as an appetizer or side dish."

30-40 min. prep.

#2-3 days

400° oven

40-50 min. cook

2 lbs. fresh spinach
5 slices dry bread
7 eggs, beaten well
1 c. grated Romano cheese
1 c. crumbled Feta cheese
Oil

Wash, cut and drain spinach well. Soak bread in bowl of water; then squeeze out water.

Add all remaining ingredients except oil and mix thoroughly. Pour enough oil into 13 x 9 pan to cover sides and bottom and heat. Remove pan from oven.

Pour spinach mixture into pan. Bake at 400° for 40-50 minutes. Slice into squares.

Note: Parmesan cheese may be substituted for the Romano cheese. Mushrooms may be added.

BROCCOLI HEADS AND CREAM

DONNA ROBERGE
CITY COUNCILOR
CITY OF LAKE OSWEGO

Serves 6

4 lbs. broccoli
1 1/2 cups heavy cream
3 1/2 t. curry powder

Steam broccoli heads (separated to one head per stem).
Broccoli should be crunchy.

Place broccoli in sauce pan with cream and curry. Heat
over moderate heat, stirring constantly until cream is
mostly absorbed.

Serve at once.

BROCCOLI-CORN BAKE

OLIVE BARTON

Serves 6
350° oven
35-40 min. cook

Bacon strips (partially cooked)
1 16 oz. can creamed corn
1 10 oz. pkg. frozen chopped broccoli (drain)
1 beaten egg
12 bacon flavored crackers (1/2 c.), coarsely crumbled
1 T. instant minced onion
1/2 t. salt
Dash of pepper

Mix all ingredients except bacon and turn into buttered
1 quart casserole dish. Top with bacon strips.

Bake, uncovered, at 350° for 35-40 minutes.

This recipe doubles easily.

ZUCCHINI OPTION

NANCY ROCHE

"It's a great finger food cold and can be cubed as an appetizer or served hot as a vegetable dish. I learned this recipe as a self-defense the year my garden grew and grew and grew..."

Serves 8-10
15 min. prep.
#2 days
325° oven
45 min. cook

2 c. zucchini
4 eggs
1/2 t. garlic juice
1 small can sliced black olives
1 T. olive oil
1/2 c. parmesan cheese
salt and pepper

Grate zucchini. Beat eggs; fold zucchini and other ingredients into beaten eggs.

Put mixture into a 9 1/2 x 12 baking dish and bake at 325° for 45 minutes.

PERFECT RECIPE FOR THE LAZY COOK

KIM GILLAN

*"This is a Zucchini Casserole which
is great for a potluck."*

Serves 4-6
15 min. prep.
#3 days
350° oven
35-45 min. cook

5-6 medium-size zucchini (or 1 1/2 lbs.)
1 egg
1 tomato, sliced
1/2 lbs. sharp cheddar cheese, sliced or shredded
1 medium onion, chopped
Salt and pepper
Pinch of dill
Garlic powder to taste

Cut zucchini into 1/4" slices. Parboil or steam it until slightly soft (about 5 minutes). Drain and remove all excess water.

Mash zucchini. Add egg, onion, salt, pepper, dill and garlic powder. Pour into casserole dish. Stir in tomato. Top with cheese.

Bake at 350° for 35-45 minutes or until set.

TURNIPS

FRANCIS J. IVANCIE
MAYOR OF PORTLAND

"Turnips are more attractive if shredded but you may cut them into small pieces and mash them partially and then add the amount of cream you desire. Sugar added may depend on the sweetness of the turnips."

6 medium turnips, peeled and shredded
1 t. sugar
1/3 cup whole cream
Pepper to taste

Cook turnips with sugar and salt, using the least amount of water possible. Cook until tender.

Add whole cream and pepper. Serve.

MUSHROOM CASSEROLE

OLIVE BARTON

Serves 4
350° oven
10-15 min. cook

1 lb. mushrooms, sliced
2 T. butter
1/2 c. sour cream
1 T. flour
1/4 t. salt
1/4 c. finely chopped parsley
1/2 c. grated sharp cheese
Few dashes fresh lemon juice
Few dashes cayenne pepper

Saute mushrooms in butter gently just until tender. Remove mushrooms with slotted spoon and place in buttered shallow casserole dish. Reduce cooking juices from mushrooms to about 1 or 2 tablespoons.

Add sour cream, flour and salt; cook over low heat, stirring constantly, until it comes to a boil. Spoon the sauce evenly over the mushrooms.

Sprinkle with parsley, cheese, lemon juice and cayenne pepper. Bake at 350° for 10-15 minutes or until bubbly.

This recipe doubles easily.

PIROGI DUMPLINGS

STEVE STARKOVICH
STATE SENATOR

"A very old recipe."

2 1/2 cups flour
1 cup hot mashed potatoes
2 T. shortening
1/2 t. baking powder
1/2 t. salt
1 t. sugar
3 egg yolks
Pitted prunes
Cinnamon

Sift dry ingredients. Work in hot mashed potatoes, shortening and egg yolks on board until dough is of pliable consistency.

Roll dough on lightly floured board and cut with biscuit cutter. Place a pitted prune on each piece of dough, sprinkling each prune with a teaspoon of sugar and a little cinnamon. Press edges firmly about the fruit.

Cook the dumplings in boiling water about 10 minutes. Drain. Brush with melted butter, sprinkle with cinnamon and serve with sour cream.

This recipe was submitted by Anna Starkovich, the Senator's mother, who says it is one of his favorites.

POTATO-CHEESE CASSEROLE

OLIVE BARTON

Serves 6
350° oven
30-40 min. cook

1/2 c. grated cheese
5 c. cooked, diced potatoes
2 t. salt
2 c. creamed cottage cheese
1 c. dairy sour cream
1/4 finely minced onion
1 small clove garlic, minced or mashed

For potatoes: Cook unpeeled potatoes until just tender. Cool, peel and cut into small cubes to make 5 cups. Sprinkle with 1 teaspoon of salt.

Combine in separate bowl cottage cheese, sour cream, onion, garlic and 1 teaspoon salt. Combine with potato cubes.

Place in 1 1/2 quart casserole dish. Top with grated cheese. Bake at 350° for 30-40 minutes.

This recipe doubles easily.

INSTANT WHITE SAUCE

WALT BROWN
STATE SENATOR

*#very long time

"Call it demands of campaign time or demands of legislative sessions, or call it laziness -- this is my favorite shortcut."

2 c. non-fat dry milk
1/2 c. margarine or butter
1 c. all-purpose flour

Mix dry ingredients in large bowl. Cut butter into flour and dry milk mixture with pastry blender until like coarse cornmeal. Pack in jar, cover tightly, and store in refrigerator.

For Thin White Sauce -- use 1/4 c. mix with 1 c. water.
For Medium White Sauce -- use 1/2 c. mix with 1 c. water.
For Thick White Sauce -- use 3/4 c. mix with 1 c. water.

Place white sauce mix in saucepan, add water, and cook until thickened. Add seasonings desired. Stir constantly.

This sauce can be the basis for any casserole or baked vegetable.

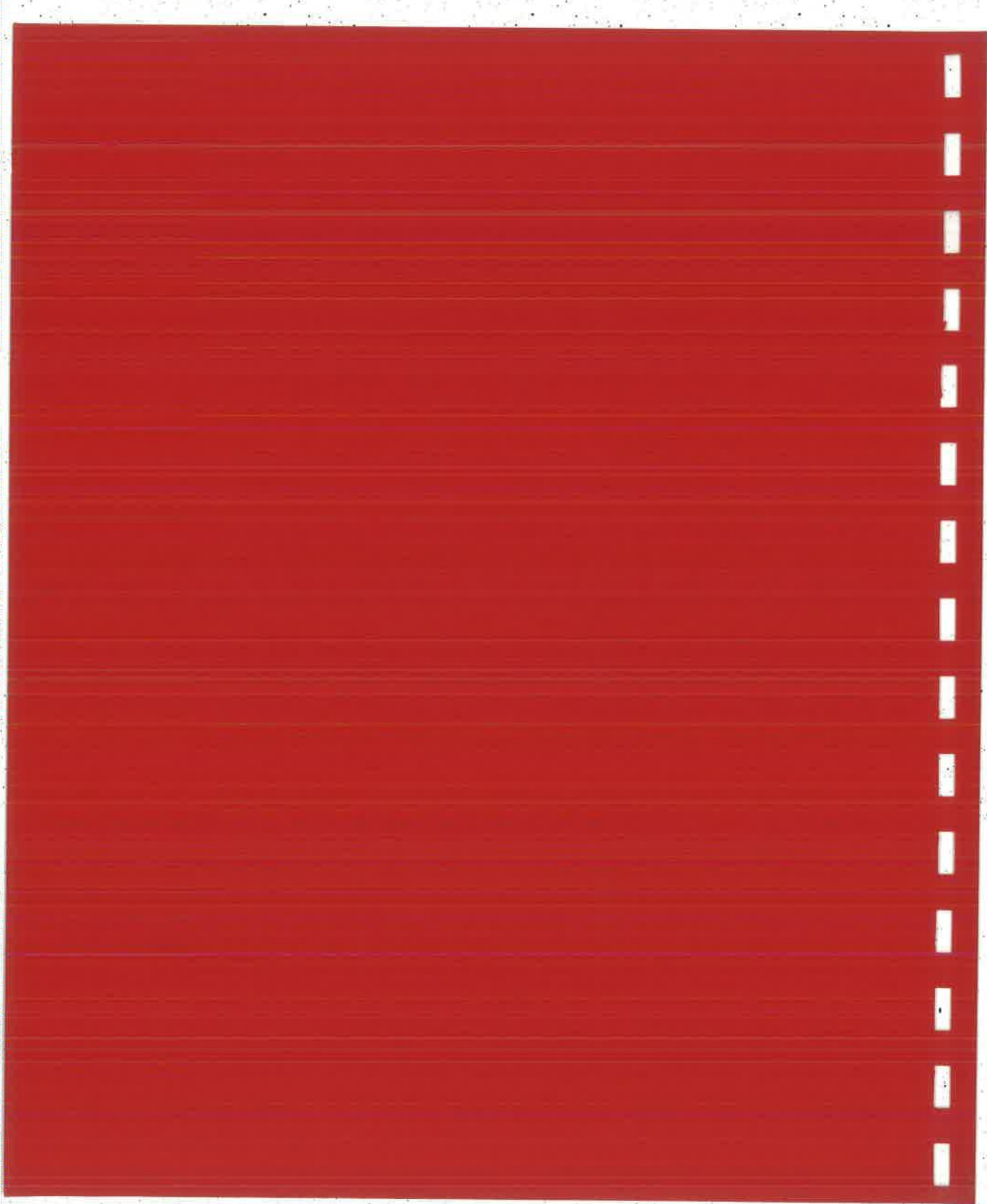
After cooking vegetables, use liquid from vegetables in white sauce.

Add curry and seasonings to sauce and cooked shrimp or chicken for shrimp or chicken curry.

This recipe was submitted by Barbara Brown for Senator Brown.

DESSERTS





CAKES & PIES

MONTANA ORANGE CAKE

JEANNETTE HAMBY
STATE SENATOR

"Moist and delicious."

30 min. prep
1 hour cook
300° oven
*#5 days

1 cup cooking oil
1 1/2 cups sugar
4 eggs
2 cups flour (1/2 graham flour, if possible)
2 t. baking soda
1/2 t. salt
1/2 t. nutmeg
Grated orange rind from two oranges
2 diced oranges
1 1/2 cups old fashioned rolled oats

Frosting:

6 oz. cream cheese
1 stick butter
Powdered sugar to taste

Cream oil, sugar and eggs. Add the flour, soda, salt and nutmeg. Then add grated orange rind and diced oranges. Last, add rolled oats.

Bake at 300° in a 9 x 13 pan for one hour.

For frosting, cream butter, cream cheese and powdered sugar and spread over cooled cake.

COUNTRY COMFORTS CARROT CAKE

KRISTIE B. KYLE

"A deliciously moist cake."

Serves 10-14
 45 min. prep.
 350° oven
 30-35 min. cook

Cake:

2 1/2 c. pre-sifted flour
 1 1/2 t. baking soda
 1 1/2 t. ground cinnamon
 1/2 t. ground mace
 1/2 t. salt
 6 medium-sized carrots
 1/4 c. buttermilk
 1 c. softened butter
 2 c. sugar
 4 eggs
 1 t. vanilla
 3/4 c. chopped walnuts

Cream Cheese Frosting:

8 oz. softened
 cream cheese
 1/2 cube softened
 butter
 1/2 box powdered sugar
 1/2 t. vanilla
 1/2 c. coconut

Shred enough carrots to make 1 1/2 cups. In small bowl, combine carrots with buttermilk. Set aside. In larger bowl, beat butter until creamy. Add sugar gradually and beat until blended. Add eggs, one at a time, beating well after each addition. Stir in vanilla.

At low speed, beat in dry ingredients, which should be combined together, alternately with carrot mixture. Beat only until well blended. Stir in nuts.

Bake at 350° for 30-35 minutes in greased 9" cake pans. Cakes are done when top springs back and toothpick inserted in middle comes out clean. Cool for 10-15 minutes and invert onto cooling racks. Cool completely.

For frosting: Beat cream cheese and butter until creamy. Add vanilla and powdered sugar and beat well. Add coconut and continue beating until desired consistency. Only tops of each layer need be frosted.

FRUIT COBBLER

GERRY NEWHALL

"This is a family dessert for toddlers and grandparents as well as teen-age jocks. I like to use very tart apples, such as Newtons. Serve with soft vanilla ice cream, whipped cream or serve warm with cream."

Serves 6-8
20 min. prep.
#2 days
350° oven
1 hr. cook

Butter

6 raw apples (or other fruit to make 3 c.)
1 c. sugar
1 1/2 c. water (1/2 c. if berries are used)
Cinnamon and nutmeg for apples

Batter:

1/8 lb. butter
1/2 c. sugar
1 c. flour sifted with
2 t. baking powder & pinch of salt
1/2 c.+ milk
1 t. vanilla

Peel apples and chop into large chunks. Put fruit into oblong baking dish. Add sugar, water, spices and dot with butter.

For batter, cream butter; add sugar and cream well. Sift in flour, baking powder and salt. Add alternately with milk. Add vanilla.

Mix batter well. Spread over fruit. Bake in 350° oven until batter is really well done. Allow 1 hour for apple cobbler. Test batter for doneness with a toothpick as you would for a cake.

SAND TORTE (POUND CAKE)

MARY ANN MYERS

Serves up to 20
15 min. prep.
*#5 days
350° oven
1 hr. 20 min. cook

"This is a Sue Juba recipe. Sue served this on occasions for the League of Women Voters. This cake is better the 2nd day. Very rich. Serve with any kind of pureed berries, whipped cream, ice cream or liquor."

1 c. soft butter (no margarine)
3 c. sugar
6 eggs
1 c. sour cream
1 1/2 t. vanilla
3 c. flour
1/4 t. baking powder

Cream butter and sugar in standing electric mixer at medium speed. (Hand mixers are not large enough to introduce an adequate amount of air into cake.)

After mixture is well blended, add eggs, one at a time. Then add sour cream and vanilla.

Sift flour with baking powder and gradually add to above mixture while mixing continues. Bake in butter-rubbed pan -- either an angel food or bundt pan.

Bake at 350° for 1 hour and 20 minutes. Allow to cool in pan 5 minutes and then turn over and out.

CHEESECAKE

CLAY MYERS
STATE TREASURER

Serves 6-8
#1 day

"This is what I choose for my 'birthday cake' each year. Makes a small cheese-cake -- so it is not a huge investment in either money or calories."

Crust:

11 double graham crackers
1/4 c. melted butter
2 T. sugar

Topping:

2 T. sugar
1/2 pint sour cream

Filling:

1 large and 1 small pkg.
cream cheese
3/4 c. sugar
1 T. vanilla
2 eggs, separated

Crush graham crackers. Mix with sugar and melted butter. Press into 9-10" pie pan. Save some crumbs for topping.

Cream together cheese, sugar, vanilla and egg yolks. Beat whites until stiff. Fold egg whites into batter and pour into pie crust. Bake 25 minutes at 325°. Cool for 10 minutes.

Mix sugar into sour cream. Spread on top. Garnish with crumbs and bake 5 minutes at 425°. Refrigerate after cooling.

MEANING OF LIFE CAKE (PEANUT BUTTER CAKE)

TEACE ADAMS

Serves 12-18
20-30 min. prep.
350° oven
20-30 min. cook

"My daughter, Sarah, made up this cake because her sister would not believe it when she told her she was going to make a peanut butter cake. Better than Reese's Peanut Butter Cups."

Cake:

1 3/4 c. cake flour
1/2 t. salt
2 t. baking powder
1/3 c. butter or margarine
1/3 c. vegetable oil
1/2 t. vanilla
1/2 c. sugar
1/2 c. brown sugar
2 eggs
1 1/3 c. milk
1 c. peanut butter
1 t. grated orange rind

Frosting:

1 cube butter
2-3 squares unsweetened chocolate
Powdered sugar
1/2 t. vanilla
1/4 c. milk

For cake: Cream together butter or margarine and oil. Add vanilla and sugars; beat until fluffy. Beat in eggs. Add peanut butter and orange rind. Mix well.

Sift together flour, salt and baking powder. Beat in flour mixture to creamed mixture alternately with milk.

Pour into greased 13x9x2 oblong pan, 2 8" or 9" cake pans or 18 muffin tins. Bake at 350° for 20-30 minutes. Cool.

For frosting: Melt butter and chocolate in double boiler. Pour into bowl; add milk, vanilla, some powdered sugar and mix until smooth. Keep adding powdered sugar until thick enough.

8 LAYER CAKE

BETTY ROBERTS
ASSOCIATE JUSTICE
SUPREME COURT OF OREGON

*#2 days
325 degrees

Cake:

3/4 cup shortening
1 1/2 cups sugar
4 eggs, separated
1 cup milk
2 1/2 cups flour
1 T. baking powder
Vanilla
Salt

Filling (between layers):

1 cup sugar
4 T. flour
3 T. cocoa
1/4 cup butter
2 cups boiling water
Vanilla
Salt

For cake: Mix shortening and sugar, then add egg yolks. Add milk alternately with dry ingredients, then add vanilla. Mix well and add beaten egg whites.

Pour into 2 cookie sheets of the same size (or use one twice by dividing the batter in half). Spread evenly on cookie sheets.

Bake at 325 degrees until golden on top. Batter is not thick so do not overcook. After cooking, cut in equal strips across narrow width; making pieces about 4" wide.

For filling: Mix dry ingredients, add water and cook in double boiler until thick. Add vanilla and butter and let cool. The spread between cake layers.

Frost cake with your own favorite chocolate frosting.

BACARDI RUM CAKE

PAMELA HULSE

*"Delicious, temptuous and melts
in your mouth. Serve with whipped
cream."*

Serves 12
20-30 min. prep.
*#5 days
325° oven
1 hr. cook

Cake:

1 c. chopped pecans or walnuts
1 18-1/2 oz. pkg. yellow cake mix
1 3-3/4 oz. pkg. Jell-O Vanilla Instant
 Pudding & Pie Filling
4 eggs
1/2 c. water
1/2 c. Wesson oil
1/2 c. Bacardi dark rum (80 proof)

Glaze:

1/4 lb. butter
1/4 c. water
1 c. granulated sugar
1/2 c. Bacardi dark rum (80 proof)

Preheat oven to 325°. Grease and flour 10" tube or
12-cup bundt pan. Sprinkle nuts over bottom of pan.

Mix all cake ingredients together. Pour batter over
nuts. Bake 1 hour. Cool. Invert on serving plate.
Prick top.

For glaze: Melt butter in saucepan. Stir in water
and sugar. Boil 5 minutes, stirring constantly.
Remove from heat. Stir in rum.

Spoon and brush glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. OPTIONAL: Decorate with border of sugar frosting or whipped cream.

NOTE: If using yellow cake mix with pudding already in the mix, omit instant pudding, use 3 eggs instead of 4 and use 1/3 c. oil instead of 1/4 c.



CHOCOLATE TORTE

NANCY RYLES
STATE SENATOR

"A long time favorite. Rich, chocolate, filling, high calorie."

Serves 8
#1 day
20 min. prep
30 min. cook

1 pkg. brownie mix
1 pint whipping cream
1/2 cup brown sugar
1 T. instant coffee

Prepare brownie mix (cake-like). Bake in 2 8"x9" greased round cake pans for 25 to 30 minutes. Cool slightly and remove from pan.

For filling: Whip cream and add brown sugar and instant coffee.

Spread filling between layers and then completely frost torte. Cover tightly and refrigerate at least 3 hours.

QUEEN MOTHER'S CAKE

LISABETH ROTHMAN

"This cake is a deliciously rich, dense torte for chocolate lovers. It is a favorite among the chocoholics in the Senate Majority Office!"

Serves 4-6
1 hr. prep.
*#1 month
375° oven
1 hr. 10 min. cook

Cake:

6 oz. sweet or semi-sweet chocolate, broken
3/4 c. butter
3/4 c. sugar
6 eggs, separated
1 1/4 c. almonds, finely ground in blender
1/8 t. salt

Icing:

1/2 c. heavy or whipping cream
2 t. instant coffee
8 oz. sweet or semi-sweet chocolate (Lindt extra-bitter sweet is particularly good)

Preheat oven to 375°. Butter a 9 x 3 springform pan and line the bottom with wax paper. Butter the paper and dust pan with fine, dry bread crumbs.

Melt chocolate in top of double boiler over hot water on low heat. Remove from heat and cool slightly. Cream butter with electric mixer. Add sugar and beat at moderately high speed for 2-3 minutes. Add egg yolks one at a time and beat after each addition until thoroughly incorporated.

Beat in chocolate. On low speed, gradually beat in ground almonds. Scrape sides with spatula as necessary.

In separate bowl, beat egg whites and salt with electric mixer until they are stiff but not dry. Stir in a spoonful of whites into chocolate mixture. Then fold whites into chocolate mixture in three additions. Pour into prepared pan. Level top by rotating pan from side to side several times.

Bake for 20 minutes at 375°. Reduce temperature to 350° and bake for 50 more minutes. Do not overbake. Cake will be moist in the center.

Remove springform pan from oven and place on moist (clean) dish towel for 20 minutes. Remove sides of springform pan. Place rack over cake and invert. Invert again. Ice cake when it reaches room temperature.

Icing: Scald cream over moderate heat until small bubbles form around the edge of pan, or skin forms on top. Add instant coffee and stir. Add chocolate (still over heat). After a couple of minutes, remove from heat and stir with wire whisk until smooth. Place bottom of pan in cold water to stop cooking. Let stand for 15 minutes or so until it reaches room temperature. Stir and pour over top of cake. Let a little run down the sides, and smooth sides with a spatula.

CHOCOLATE MAYONNAISE CAKE

LENN HANNON
STATE SENATOR

15 min. prep
350° oven
45 min. cook
*#7 days

"Deliciously moist, old fashioned and just plain out of this world! It is a good topper after any meal. This recipe has been handed down in my family for at least 150 years, starting with my great-grandmother. It has been a real favorite with my family and friends. Actually, I call it a 'dump cake' -- just add everything before mixing except the soda water if you are in a hurry."

1 3/4 cups flour
3 T. cocoa
1/2 t. salt
1 cup sugar
1 cup mayonnaise
1 t. vanilla
1 cup boiling water
1 t. baking soda
Nuts, if desired

Set aside dry ingredients in a small bowl. Mix mayonnaise and sugar. Add remaining dry ingredients. Add soda to boiling water and mix, adding vanilla and nuts last.

You MUST use real mayonnaise and cocoa.

Bake for 45 minutes at 350°.

ANNETTE'S CHOCOLATE SHEET CAKE

VERNE A. DUNCAN
SUPERINTENDENT OF PUBLIC INSTRUCTION

*#1
375° oven
15 min. cook

"Quick and easy to make, serves a lot of people and is GOOD."

2 cups sugar
2 cups flour
1 cup water
3 1/2 T. cocoa
1/4 t. salt
2 sticks margarine
1/2 cup buttermilk
1 t. baking soda
1 t. vanilla
2 eggs

Frosting:
1 stick margarine
3 1/2 T. cocoa
6 T. milk
1 lb. powdered sugar
1 1/2 T. vanilla
1 cup chopped nuts

Combine flour and sugar and set aside. Boil the water with the cocoa, salt and margarine and add it to the sugar and flour mixture. Combine the buttermilk, soda, vanilla and eggs in a mixer and add to the cocoa mixture.

Pour the batter into a greased 17 1/2 x 11 cookie sheet. Bake at 375° for 15 minutes.

While the cake is baking, make the frosting. Combine the margarine, cocoa and milk and boil well. Remove from the heat and add the powdered sugar, vanilla and chopped nuts.

Spread the frosting on the hot cake when it comes out of the oven.

FRENCH SILK CHOCOLATE PIE

MARY M. CRAMER

*"A quick and easy chocolate dessert
that will 'wow' your guests! A great
finale for any meal."*

Serves 8
30 min. prep.
#2 days
350° oven
7 minutes cook +
chill time

Crust:

1 1/4 c. crumbled vanilla wafers
1 1/2 T sugar
6 T butter, melted

Filling:

1 1/2 sticks butter, room temperature
1 c. + 2 T superfine sugar
1 1/2 squares unsweetened chocolate, melted
1 1/2 t. vanilla
3 eggs
1/2 pint whipping cream
1/4 c. sliced almonds, toasted

Crust: Combine ingredients and line the edge and bottom of a 9" pie plate. Bake 7 minutes in a 350° oven. Cool.

Filling: Beat butter until creamy. Add sugar a little at a time. Continue beating; then add melted chocolate and vanilla.

Add 2 eggs and beat 3 minutes. Add remaining egg and beat 3 minutes. Pour mixture into cool pie shell and refrigerate.

Serve topped with whipped cream and almonds.

STRAWBERRY KIWI TART

HELEN SHERMAN

This looks great, is easy to prepare and always gets rave compliments. It tastes so good that you would think it would be hard to make."

Serves 6-8
45 min. prep.
#1 day
300° oven
30 min. cook

Tart crust:

1 1/3 c. flour
3 T. sugar
1/2 t. ground cardamon (optional)
1/2 c. butter
1 egg yolk

Filling:

5 c. strawberries, washed and hulled
2 kiwi fruit

or

6 c. of any whole fresh berries

Glaze:

1/2-3/4 c. apple jelly

For crust: Combine flour, sugar, cardamon and butter in food processor or crumble with fork until you have coarse crumbs. Add egg yolk and process or stir until dough sticks together. Press into sides and bottom of 11" ungreased tart pan with removable bottom. Bake at 300° for 30 minutes or until golden brown.

Place whole berries and kiwi fruit in crust. Heat jelly and spoon over fruit.

Optional: Top with whipped cream.

PIE CRUST

ANNE KELLY FEENEY
MULTNOMAH COUNTY AUDITOR

*#5 days

"This is the best crust anyone ever had. My husband insisted I spend the Saturday before our wedding day learning his mother's technique. She was required by her husband to learn pie making from her future mother-in-law. I have three daughters and I expect them to require their future husbands to learn to make pie from me."

2 cups flour
3/4 cup plus 1 T. shortening
1 t. salt
1/4 cup water

Use two knives to cut together shortening and 1-2/3 cups of the flour. Add the salt and the water mixed with 1/3 cup of flour. Continue cutting the mixture with the knives crossed until you must knead lightly by hand.

Use voluminous amounts of flour when rolling out.

Preparation time is 10 minutes. It is helpful to chill dough for 1 to 3 hours.

This crust should be baked at 425° for 20 minutes. Then reduce heat to 350° and bake for 30 to 40 minutes.

It is excellent for fruit and cream pies.

REFRIGERATOR DESSERTS

CHOCOLATE MOUSSE

VICTOR ATIYEH
GOVERNOR

15 min. prep
#2 days
Serves 4 to 6

"This is one of my favorite desserts."

1/4 lb. German chocolate
1 1/2 t. water
3 eggs, separated
1 T. dark rum or 1/2 t. vanilla
1/8 t. salt

Cut German chocolate into small pieces and combine with water. Melt together over hot water. Beat egg yolks until light and lemon colored. Gradually beat in the melted chocolate mixture. Beat until smooth. Stir in flavoring.

In separate bowl combine egg whites and salt and beat until stiff but not dry. Fold gently into chocolate mixture.

Pour into individual dishes and chill for 24 hours. To serve, top with whipped cream seasoned with a bit of grated orange rind.

You may substitute 1/2 cup chocolate chips in place of the German chocolate.

MICKEY MOUSE MOUSSE (AKA BLENDER POTS DE CREME)

DEE BEGHTOL

10-15 prep.
#2-3 days
2 hours chill

"Extremely quick and easy to prepare, but makes guests think you've worked for hours. Very good when one is on the campaign trail for impressing guests with how efficient and well-planned one is in the kitchen."

3/4 c. milk
1 c. (6 oz. pkg.) semi-sweet chocolate bits
1 egg
2 T. sugar
Pinch of salt

Heat the milk just to the boiling point. Place all the other ingredients in a blender and add the hot milk. Blend at low speed for 1 minute.

Pour into 6 pots de creme and chill for several hours (2 will do). (May substitute any small decorative containers for pots de creme.)

Pudding is very rich and very smooth. Small servings are adequate. Garnish with sprig of mint, if desired.

CHARLES JORDAN'S BANANA PUDDING

CHARLES R. JORDAN
CITY COMMISSIONER, PORTLAND

Serves 4 to 6
20 min. prep
10 min. cook
#2 days

"This dish will always win the majority vote. It is light, smooth and decisive. Banana lovers will love it! It may be served topped with a bit of whipped cream and a vanilla wafer upright inside the dessert glass for a gourmet touch. It is as good in a gourmet dining room as it is in a country kitchen."

2 cups evaporated milk	2 eggs
1/4 cup whole milk	Whipped cream (optional)
1/2 cup sugar	
Pinch of salt	
2 T. cornstarch, heaping	
1 T. vanilla extract	
Packaged vanilla wafers	
2 medium ripe bananas	

In the bottom of a double boiler, bring water to a medium boil. Adjust the heat to medium. Pour the evaporated milk and whole milk into the double boiler top and heat.

Line the bottom of a glass serving bowl with vanilla wafers. In a small bowl, blend sugar, salt and cornstarch. Separate the eggs, discarding the whites. Put yolks in a measuring cup and beat lightly. Stir about 1/2 cup of the warm milk into the egg yolks. Stirring slowly to avoid lumping, add the yolk mixture to the sugar mixture in a small bowl, then slowly add to the hot milk in the double boiler. Add the vanilla and cook, stirring until thickened.

Slice about half a banana over the vanilla wafers in the bottom of the serving dish. Pour in part of the pudding mixture; top with more banana slices and vanilla wafers. Continue layering pudding, bananas and wafers, ending with pudding and a topping of wafers.

Serve while still slightly warm, at room temperature or chilled.

This dish can be prepared up to 2 days in advance. However, it is best when served on the first day.



MYSTERY PUDDING

BOB PACKWOOD
U.S. SENATOR

Serves 12
325° oven
1 hr. cook

1 1/2 cups flour
1 t. soda
1/4 t. salt
1 cup sugar
1 egg
1 t. vanilla
2 cups fruit cocktail, including juice
1/2 cup chopped nuts
1 cup brown sugar

Mix all ingredients, except nuts and brown sugar, and place in greased 8" x 13" pan. Spread nuts and brown sugar over the top.

Bake at 325° for 60-70 minutes. Serve plain or with whipped cream.

\$1000 PUDDING

EDWIN J. PETERSON
ASSOCIATE JUSTICE
SUPREME COURT OF OREGON

10 min. prep
1 hour cook

"My mother fixed this when I was a boy. My brother said one day, 'I'd give a dollar for some of mom's pudding.' I said, 'I'd give \$10.' We ended up calling it '\$1000 pudding.' Today with inflation, my kids call it 'Million Dollar Pudding.'"

Pudding:

1/2 cup sugar
1 egg
2 oz. unsweetened baking chocolate
3/4 cup boiling water
2 cups flour
1 T. baking powder
Dash salt

Sauce:

1/2 cup butter
1/4 cup cream
1 cup sugar

For pudding, mix sugar and egg together. Next mix the dry ingredients together.

Melt chocolate and add water. Alternate chocolate mixture with dry ingredients into sugar/egg mix. Mix well.

Put in greased casserole and cover with wax paper. Tie paper on bowl with string. Place casserole in unheated electric fry pan. Put in 1 inch of water. Steam for 1 hour with lid on. Be sure there is water in the pan at all times.

For sauce: Mix ingredients and heat on burner until mixture begins to bubble. Pour over individual servings of pudding.



BLUEBERRY SYRUP

CONNIE MORGAN

15-20 min. prep.
*#7 days

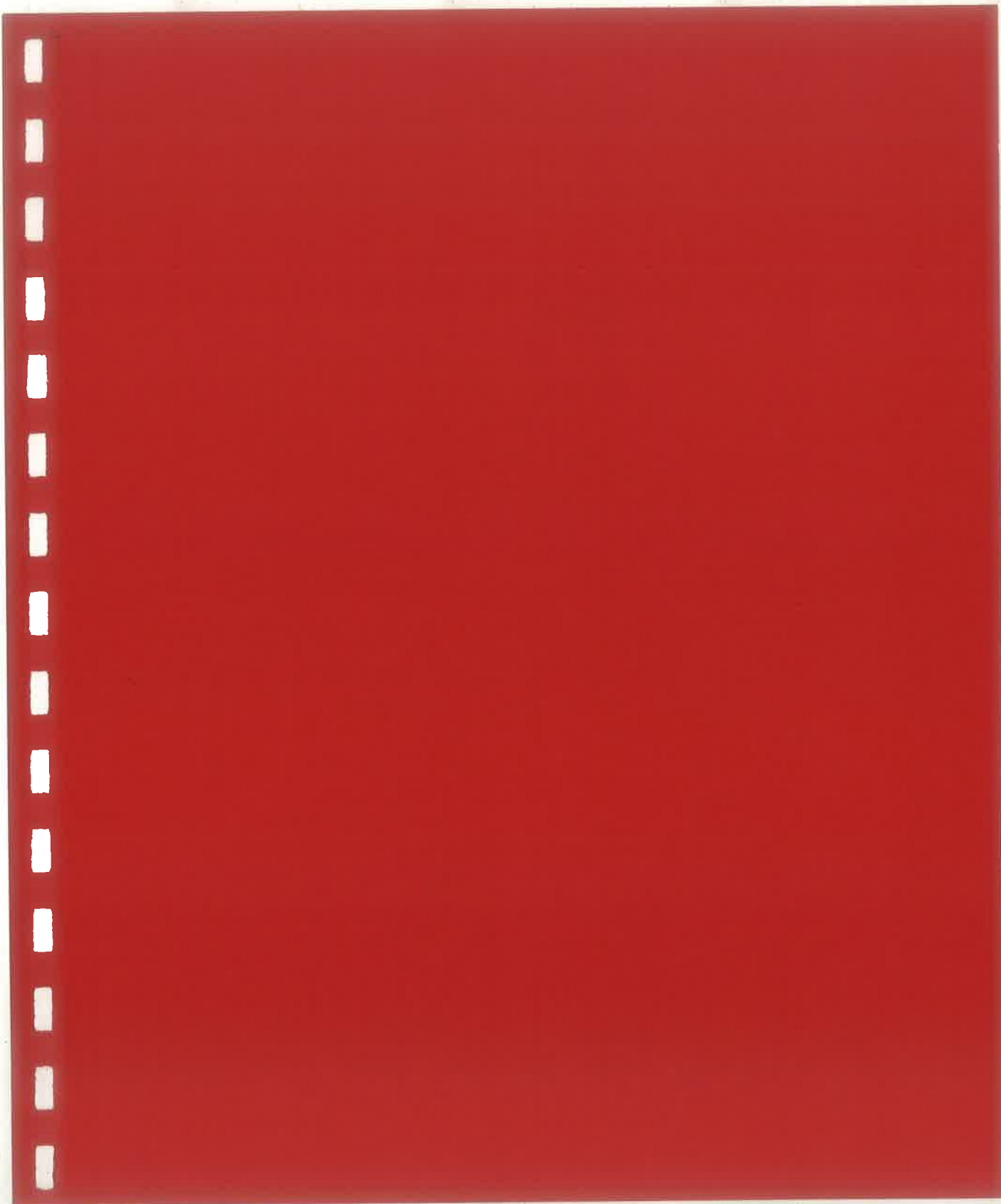
*"Easy to make and have on hand.
Makes an elegant dessert or quick
dinner. Serve with pancakes, waffles,
ice cream, topping on cheese cake or
blueberry shortcake."*

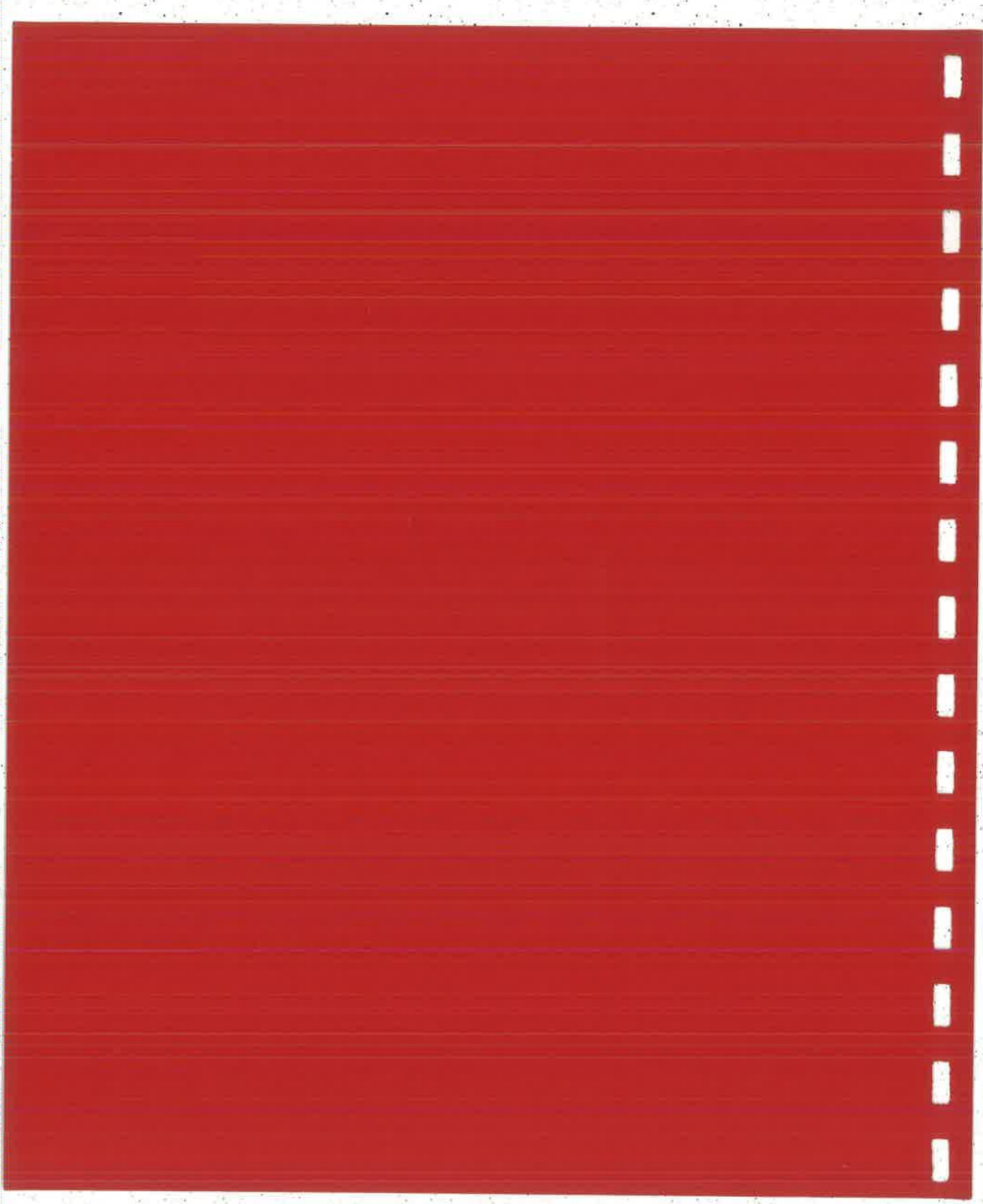
4 c. blueberries - fresh
2 c. water
3 T. cornstarch
1-1 1/2 c. sugar

Cook 2 c. blueberries in 2 c. water for 2-5 minutes.
Put in blender and blend until smooth. Mix sugar and
cornstarch.

Return blueberry mixture to saucepan. Add sugar/
cornstarch and cook over low heat until mixture
thickens.

Add remaining 2 c. blueberries and heat through.





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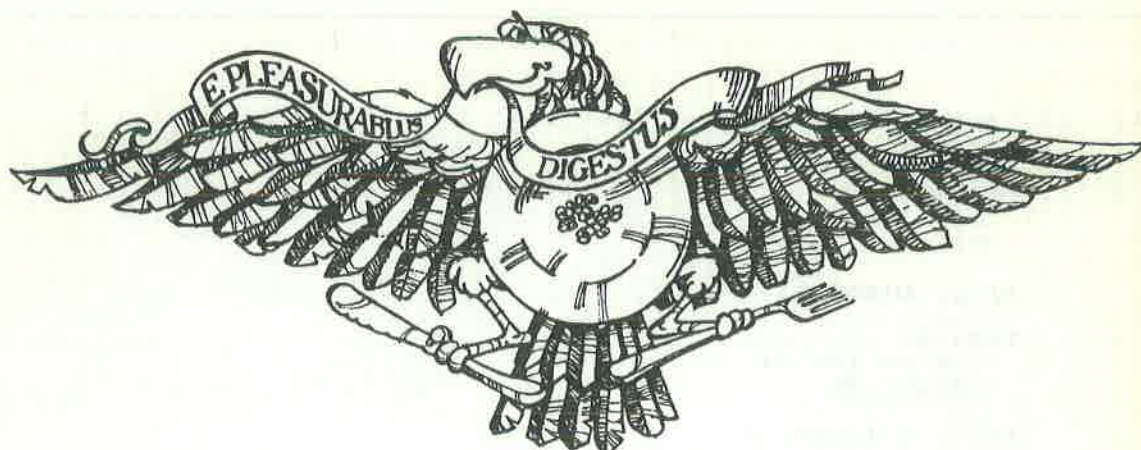
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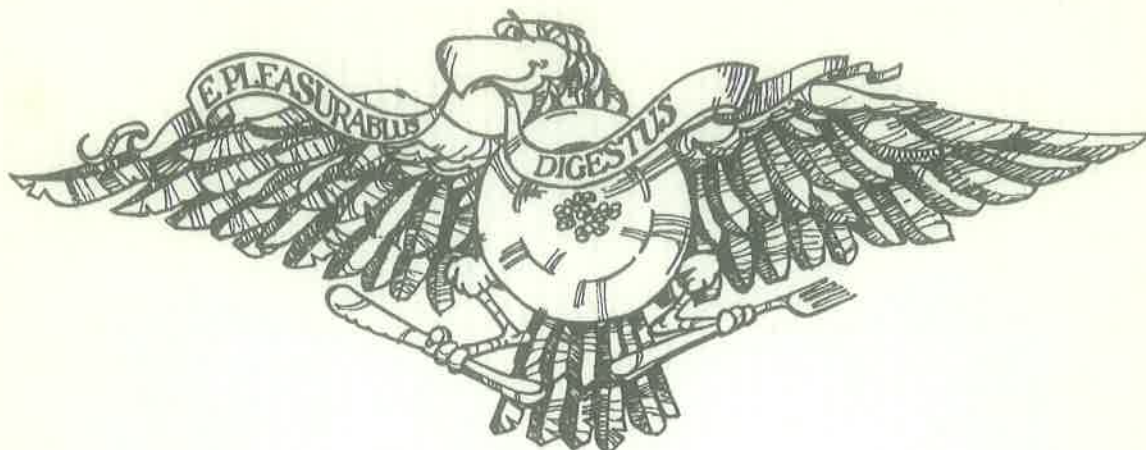
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